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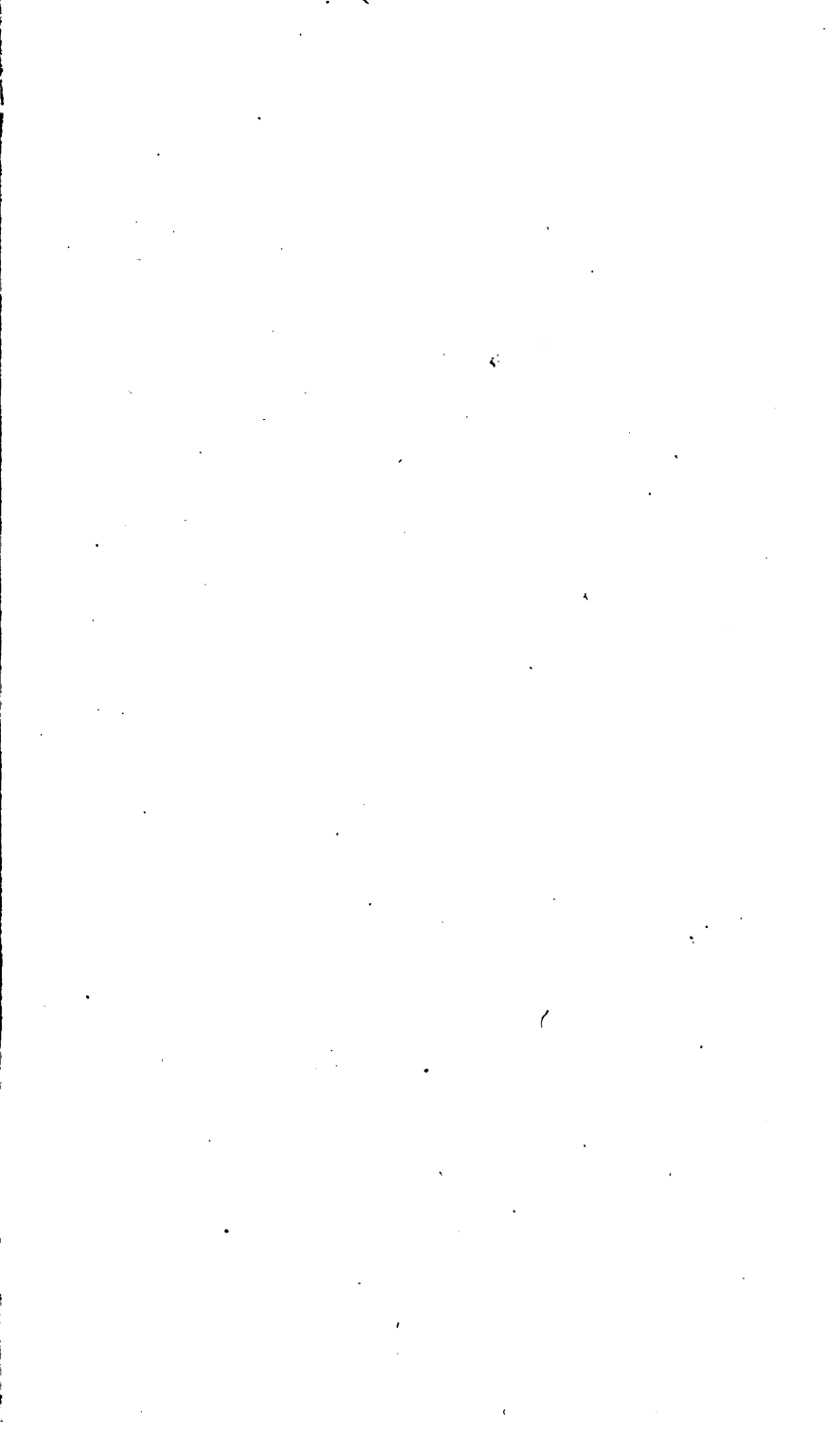
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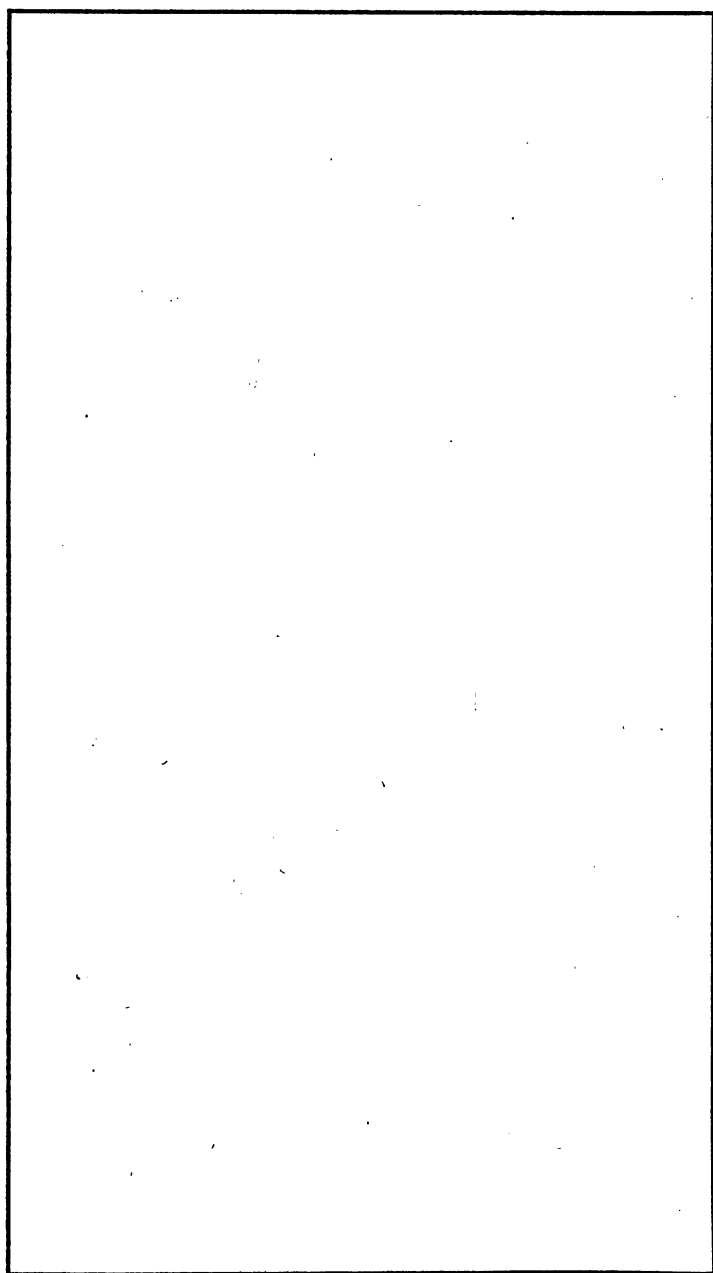








THE COOK BOOK



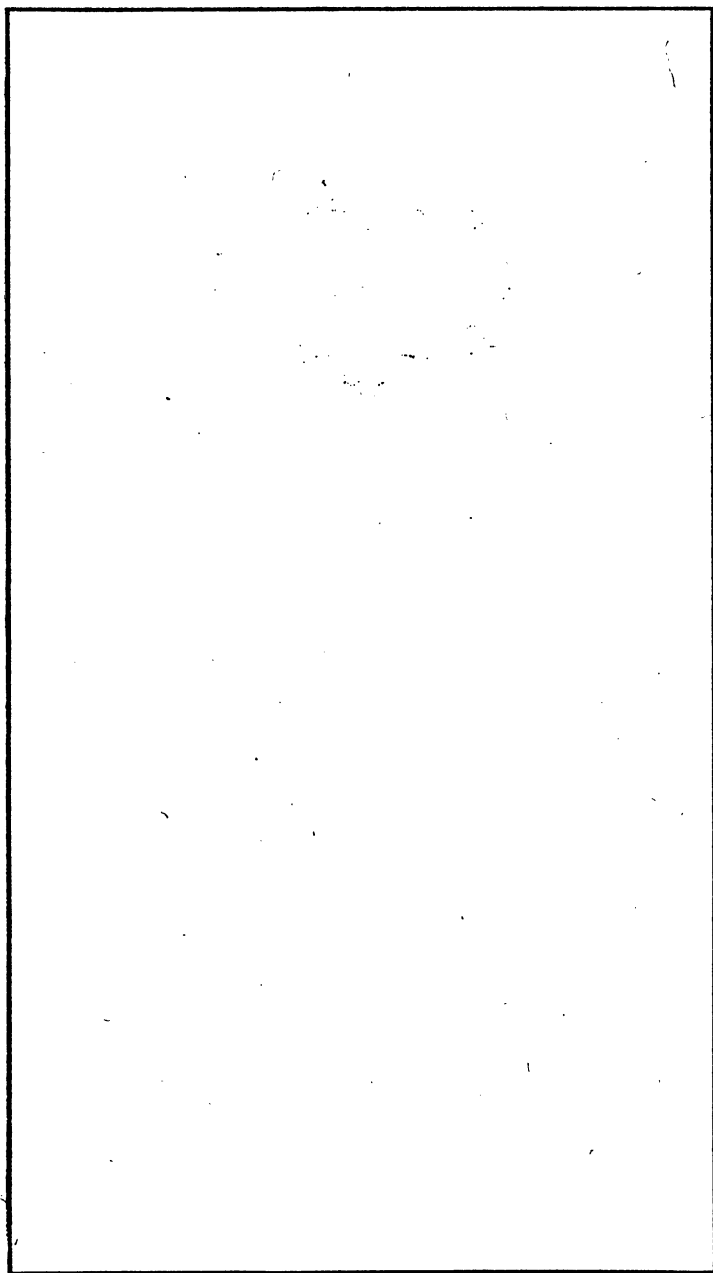


I wish to thank, most cordially, Mr. H. A. Moses of the Strathmore Paper Company, Mr. Lewis Parkhurst of Ginn & Company and Mr. Joe Mitchell Chapple of the National Magazine for their substantial interest in the Navy Relief Society.

JANE RUSH,

*President Massachusetts Auxiliary,
Navy Relief Society.*

*Boston Navy Yard,
November, 1918.*





By JANE RUSH

Just ask the cook to pause and look,
Within this harmless little book,
It will convince him quite;
That many simple recipes,
Compiled as carefully as these,
Will charm the appetite.

641.61

R95c

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BY JANE RUSH

75-330

PREFACE

THIS book is made up of old and tried recipes, which I have been prompted to compile by one of my domestics, who states that the recipes I give him are so clearly and plainly written that he never has any trouble in successfully making any of the dishes.

I know how difficult it is for inexperienced cooks to follow the directions given in cook books, and my own housekeeping has suffered in the past from this cause; so I take particular pleasure in writing out every step in the recipe from the time the cook begins to put the ingredients together until the dish is ready to serve.

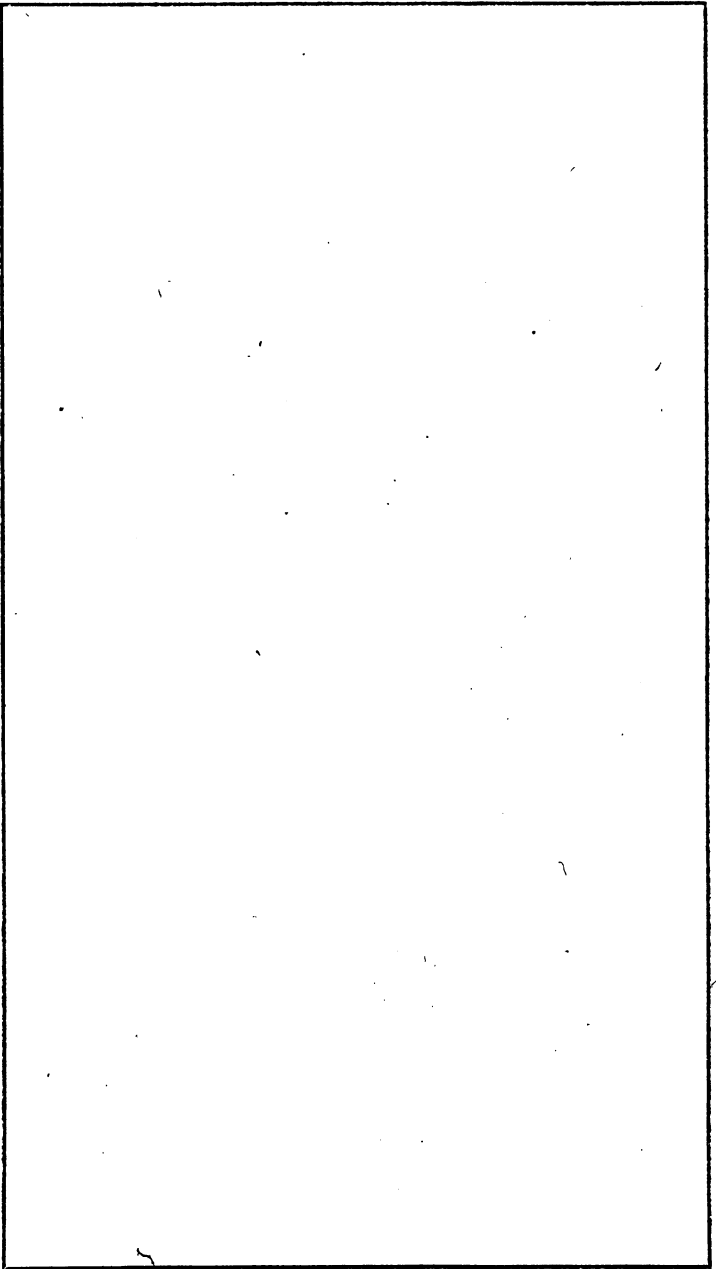
Ordinarily, so much of this vitally important detail is left to the fancy of the cook that inexperienced housewives find cook-book recipes very trying and disappointing.

I have selected only a few, well-tried recipes of common everyday things that most of us like; and I hope and believe that others will find them as useful as they have been to me.

The proceeds from the sale of this book will be devoted to a charitable organization that is very near my heart, and with which I have been associated and worked for a number of years. I hope the personal touch in this book will appeal to my many good wishers and friends who have shown themselves so interested in my work.

JANE RUSH,
President Massachusetts Auxiliary,
Navy Relief Society.

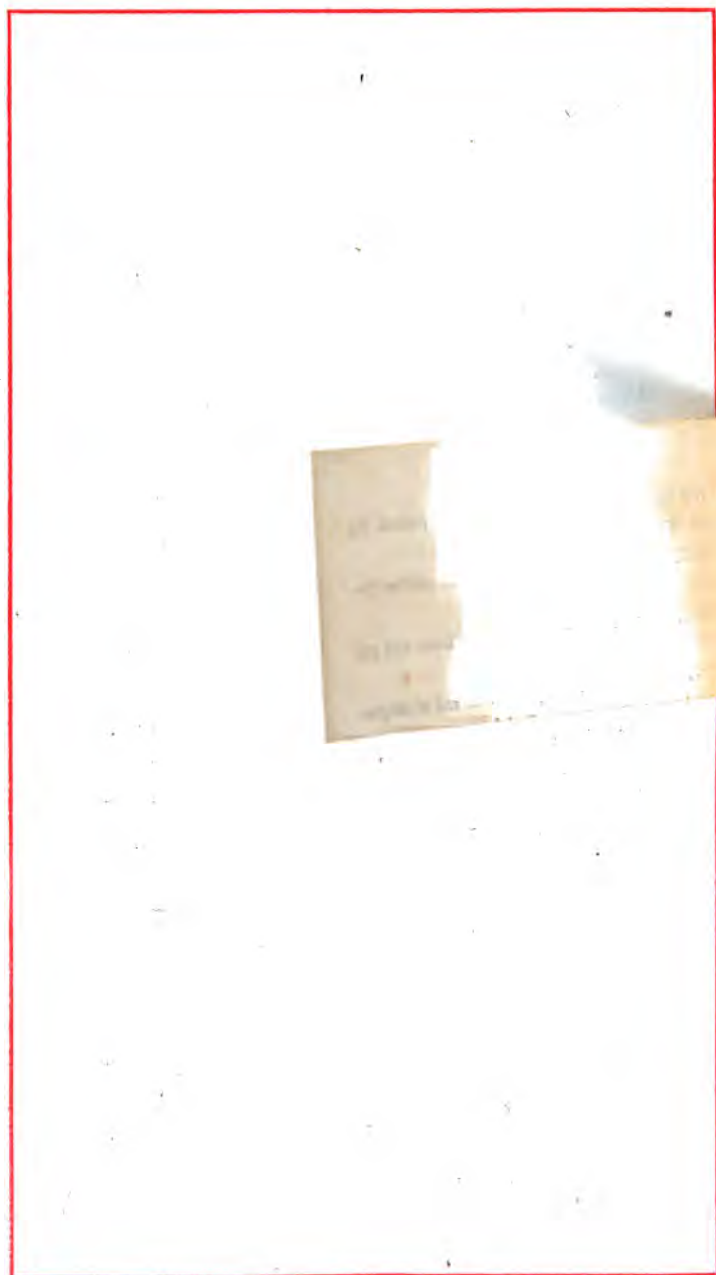
Boston Navy Yard,
November, 1918.





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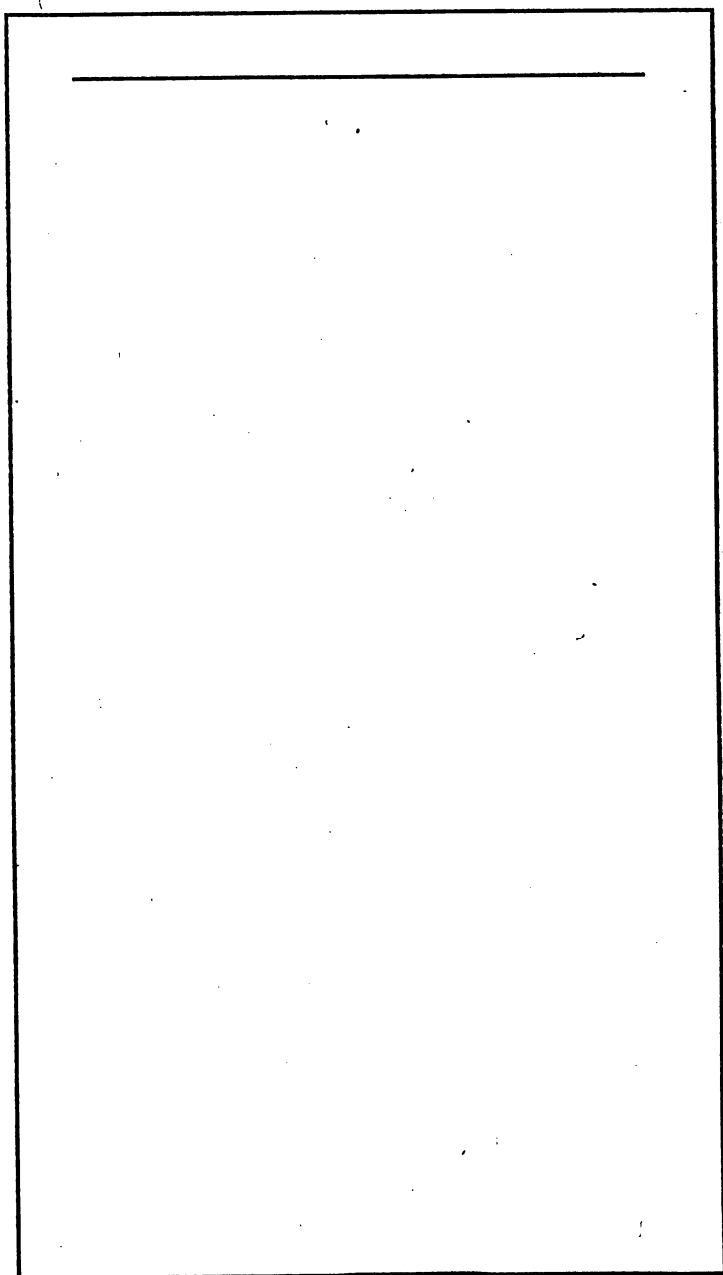
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BREADS

PLAIN BREAD

Formula

2 quarts flour	3 cups (or a little more)
$\frac{1}{2}$ yeast cake (small size)	warm water
$\frac{1}{2}$ cup cold water	2 tablespoons lard
	$\frac{1}{2}$ tablespoon salt

Manner of Making

Mix the flour, in which the salt has been sifted with the warm water and lard. (Dissolve the lard in the warm water.) Dissolve the yeast cake in a little warm water and add to the mixture, folding it in. Mix well and knead for a few minutes. Set to raise all night in a warm place. The next morning knead five minutes and make into loaves and bake in a moderate oven for thirty minutes.

BROWN BREAD

Formula

1 cup rye meal	$\frac{3}{4}$ teaspoon soda
1 cup Graham flour	$\frac{3}{4}$ cup molasses
1 cup corn meal	$1\frac{1}{2}$ cups cold water
1 teaspoon salt	

Manner of Making

Sift together the rye meal, corn meal and flour, salt and soda, and add the molasses and water. Mix well and pour into a mould. Steam two and one-half hours.

My way is to begin with the beginning

HARVARD CLUB WAR BREAD**Formula**

3 lbs. white flour	$\frac{3}{4}$ lb. potato flour
2 ounces yeast	3 lbs. Graham flour
3 pints water, or enough to make a soft dough	3 lbs. entire wheat flour
1 $\frac{1}{2}$ lbs. corn meal	4 ounces salt
	3 quarts water

Manner of Making

Mix the first three ingredients together carefully and set in warm place, to raise, about three hours. Then add, in the order named, the rest of the ingredients, mixing thoroughly and knead for five minutes. Let rise one hour. Put in bread tins and allow to raise again for an hour. Place in a moderate oven and bake forty minutes.

POTATO YEAST**Formula**

1 good-sized potato	3 tablespoons sugar
1 $\frac{1}{2}$ heaping table- spoons salt	1 pint boiling water
	1 tablespoon yeast

Manner of Making

Grate the potato and add the salt and sugar. On this mixture, pour the boiling water and stir. Set away until luke warm or cool and then add the yeast. Pour into a large-mouthed glass jar. In twenty-four hours it will have risen and be ready to use.

Dry bread at home is better than roast meat abroad

ROLLED OATS BREAD

Formula

3 cups rolled oats	4 cups boiling water
$\frac{1}{4}$ cup molasses	$\frac{1}{2}$ yeast cake
1 teaspoon salt	6 cups flour
1 piece butter—size of a walnut	

Manner of Making

Mix together rolled oats and molasses, salt and butter. Pour over this mixture enough boiling water to cover, then dissolve the yeast cake in a little warm water and add to the mixture. Add the flour. Leave to raise over night and in the morning make into loaves, adding a little flour if necessary. Bake as bread for about three-quarters of an hour in a moderate oven.

WALNUT BREAD

Formula

1 egg	3 cups flour
$1\frac{1}{2}$ cups milk	2 teaspoons cream of tartar
1 cup sugar	1 teaspoon soda
$\frac{1}{2}$ teaspoon salt	
$1\frac{1}{2}$ cups chopped walnuts	

Manner of Making

Sift the cream of tartar into the flour and dissolve the soda in the milk. Mix together smoothly all the ingredients and allow to stand for twenty minutes. Put into pans and bake in a moderate oven fifty minutes.

Bread is the staff of life

NOTES*Write with pencil**Economy is a great revenue.*

CAKES

BALTIMORE CAKE

Formula

1 cup butter	3½ cups pastry flour
2 cups fine granulated sugar	2 teaspoons baking powder
1 cup milk	1 teaspoon vanilla
	6 eggs

Manner of Making

Cream butter and sugar fifteen minutes, add the milk alternating with the flour until both of these ingredients have been added. The baking powder should be sifted into the flour. Add the whites of the eggs which have been beaten until stiff and dry. Add flavoring. Pour into three shallow cake tins, which have been lined with buttered paper and bake in a moderate oven for twenty minutes.

BALTIMORE CAKE FILLING

Formula

3 cups sugar	1 cup chopped and seeded raisins
1 cup cold water	1 cup pecan meats
3 eggs	5 figs (cut in strips)

Manner of Making

Put sugar and water in a saucepan and cook gradually, to a boiling point, without stirring, until the syrup will thread. Pour the syrup gradually over the whites of the eggs, which have been well beaten, and continue beating the entire mixture until it is the right consistency to spread. Add the raisins, pecan meats and figs. Spread between layers and on top of the cake.

Serve it attractively

BLUEBERRY CAKE**Formula**

2 tablespoons butter	2 tablespoons baking
1½ cups sugar	powder
2 eggs (well beaten)	½ box blueberries—well
2 cups flour	picked over
½ cup milk	

Manner of Making

Cream the butter and sugar well and add the well-beaten eggs. Sift flour three times, with the baking powder and add to the mixture. Then add the milk and berries and stir well. Put in oblong tins, lined with oiled or buttered paper and bake twenty or twenty-five minutes. Try with straw.

CAKE FILLING**Formula**

2 eggs (whites)	½ cup hot water
2 cups sugar	1 teaspoon vanilla

Manner of Making

Boil together the sugar and hot water, stirring constantly until it *begins* to boil. Allow to boil just ten minutes. *Do not stir this while it is boiling.* Beat the whites of the eggs until stiff and pour this mixture over them. Beat until stiff and cold, adding the vanilla before it is finished.

Choose food wisely

CRUMB CAKE

Formula

1 cup sugar	3 teaspoons baking
1 tablespoon shorten-	powder
ing	$\frac{1}{2}$ teaspoon salt
1 egg	Milk
3 cups flour	

Manner of Making

Sift the baking powder and salt with the flour. Mix all the ingredients together and add enough milk to make a stiff batter. Pour into baking pan, which has been lined with oiled or buttered paper. Sprinkle crumbs on top of the cake, made as follows:

' CRUMBS FOR TOP OF CRUMB CAKE

Formula

4 tablespoons flour	2 tablespoons butter
3 tablespoons sugar	

Rub together with the hand. Sprinkle these crumbs on top of the cake and bake in a moderate oven for thirty minutes. When cake is removed from the oven sprinkle the top with powdered sugar and cinnamon.

DATE STICKS**Formula**

2 eggs (separated)	2 teaspoons baking
1 small cup brown	powder
sugar	1½ cups pecan meats
3 heaping tablespoons	1½ cups chopped
flour	dates

Manner of Making

Mix together the brown sugar and the yolks of the eggs until very smooth. Sift the baking powder and the flour together and add to the sugar. Fold in the whites of the eggs and add the pecan meats and dates. Mix all together very well and pour into a long oblong pan so that it spreads out very thin. Cook in moderate oven one-half hour. As soon as cool enough, cut in sticks about three inches long and one inch wide.

Quantity without quality is little thought o'

GINGER BREAD

Formula

2 cups dark molasses	$\frac{1}{2}$ heaping teaspoon
1 cup butter	cloves
1 cup sour milk or buttermilk	2 heaping teaspoons soda
1 heaping teaspoon ginger	2 eggs
1 heaping teaspoon cinnamon	4 scant cups flour

Manner of Making

Dissolve the soda in the milk. Beat the molasses and the butter together. When well mixed add the spices—ginger, cinnamon, cloves—and then the well-beaten *yolks* of the eggs. Add the milk and the flour and last of all fold in the whites of eggs which have been beaten to a stiff froth. Cook in a slow oven thirty minutes. Much better made with buttermilk.

GINGER POUND CAKE**Formula**

$\frac{3}{4}$ pound butter	2 large tablespoons
1 pint molasses	ground ginger
1 cup brown sugar	1 heaping tablespoon
1 pound sifted flour	powdered cinnamon
5 eggs (yolks and whites beaten separately)	1 wine glass brandy

Manner of Making

Cream sugar and butter well. Add molasses, then the eggs—first the yolks and then the whites. Then add the spices, brandy, and last of all the flour (sifted three times). When well mixed turn into long oblong baking tin, lined with oiled or buttered paper and bake in a moderate oven thirty minutes. Try with straw.

HOT MILK CAKE**Formula**

2 eggs	$\frac{1}{2}$ cup milk
1 cup sugar	1 teaspoon butter
1 cup flour	1 pinch salt
1 teaspoon Baking Powder	1 teaspoon vanilla or lemon

Manner of Making

Beat the eggs well and add sugar, beating

Cookery is become an art, a noble science

it slowly and carefully into the eggs. Sift the flour twice with the baking powder and salt, add to the egg and sugar mixture, beating it well. Heat the milk, with the butter in it, until quite hot and add slowly to other ingredients. Then the flavoring. Beat well and pour into shallow pan, which has been lined with oiled or buttered paper. Bake about twenty-five minutes in a moderate oven. Cut out the top of the cake, about one inch from the sides, removing a piece about one inch thick. Pour in filling and replace the piece of cake.

HOT MILK CAKE FILLING

Formula

2 eggs	1 pinch salt
$\frac{1}{2}$ cup sugar	2 cups boiling milk
2 small tablespoons corn starch	$\frac{1}{2}$ teaspoon flavoring

Manner of Making

Beat together eggs and sugar, sift in corn starch and salt; stir and rub very smooth. Have ready the boiling milk (heat in double boiler) take from stove and add a little at a time to the mixture. Return all to the stove in double boiler and add the flavoring and keep stirring until it is the consistency of thick cream. This filling should only stand long enough to cool off before being added to the cake and all should be eaten soon after making—when the cake and filling are slightly warm.

Cook it carefully

OLD FASHIONED POUND CAKE**Formula**

$\frac{1}{2}$ pound butter	$\frac{1}{2}$ wine glass brandy
1 pound fine granu- lated sugar	$\frac{1}{2}$ teaspoon mace
10 fresh eggs	1 pound self-raising flour

Manner of Making

Beat the butter to a cream and add gradually the sugar, stirring all the time. Beat the yolks of the eggs until lemon colored and thick, then add to the creamed butter and sugar and beat hard. Next add the brandy and mace. Sift in gradually the flour and fold in the stiffly beaten whites of the eggs. Have ready one large cake tin or three smaller tins, lined with well buttered paper. Turn cake into pans and cook in moderate oven. Cook slowly for three-quarters of an hour. Try with a straw and if dry, remove cake from the oven.

I smell it; upon my life, it will do well

ONE-EGG CAKE**Formula**

1 egg	1½ cups flour
1 large tablespoon butter	1 teaspoon baking powder
1 cup sugar	1 teaspoon vanilla
¾ cup milk	

Manner of Making

Cream well the butter and the sugar. Add the well beaten egg and then the milk. Sift the baking powder with the flour and add to the mixture. Add vanilla, beat all well. Pour into well buttered pan and cook in moderate oven twenty to twenty-five minutes.

PEACH SHORT CAKE**Formula**

See recipe for	peaches
one-two-three-four	sugar to taste
cake	½ pint heavy cream

Manner of Making

Make cake as per recipe. Slice peaches and sweeten to taste. When cake is done, spread peaches between layers and put whipped cream and peaches on top.

Sharp stomachs make short devotion

POTATO FLOUR SPONGE CAKE**Formula**

2 eggs (separate)	Grated rind 1 lemon
1 cup sugar	$\frac{3}{4}$ cup potato flour
$\frac{3}{4}$ cup of hot water or milk	$\frac{1}{4}$ teaspoon salt
1 tablespoon lemon juice	$1\frac{1}{2}$ teaspoons baking powder

Manner of Making

Beat yolks until thick and lemon colored, add one-half the sugar and continue beating. Add water, lemon juice, rind and remaining sugar. Add potato flour mixed with the salt and baking powder and fold in the stiffly beaten whites carefully. Bake in a moderate oven twenty-five minutes.

QUICK LUNCH CAKE**Formula**

1 cup sugar	1 teaspoon cream of tartar
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup sweet milk	$\frac{1}{2}$ teaspoon grated nut- meg
2 cups flour	
1 egg	

Manner of Making

Cream well the butter and the sugar, and add the well-beaten egg. Dissolve the soda in the milk and sift the cream of tartar and nutmeg into the flour. Add the milk to the mixture and then the flour. Mix well together and bake in a fairly hot oven twenty minutes.

Better twice measure than once wrong

SOFT GINGER BREAD

Formula

1 coffee cup butter	1 teaspoon soda dis-
1 coffee cup sugar	solved in $\frac{1}{3}$ cup
1 coffee cup molasses	boiling water
1 coffee cup butter-	1 tablespoon ginger
milk	1 tablespoon cinnamon
	2 eggs
	5 tea cups flour

Manner of Making

Cream butter and sugar fifteen minutes, add molasses, stirring well, then the buttermilk, stirring well after adding each ingredient. Add spices, then eggs, well beaten, and last of all add flour into which soda has been sifted. Pour into long oblong baking tin which has been lined with oiled or buttered paper and bake twenty or twenty-five minutes in a moderate oven. Try with clean straw. Particularly good.

SPONGE CAKE

Formula

1 cup sugar	6 eggs (whites and
1 cup flour	yolks separated)

Manner of Making

Take the whites of the eggs and beat to a stiff froth. Add the sugar, spoon by spoon, and beat thoroughly until the sugar is dissolved. Beat in the flower very gradually. Drop in the yolks of the eggs and fold them in from the top. Do not stir too much as this will make the cake fall. Bake in buttered pan in a fairly hot oven twenty minutes. When the sides loosen from the tin, the cake is done.

I never fared worse than when I wished for my supper

STRAWBERRY SHORT CAKE (Individual)

Formula

1 box strawberries	1 tablespoon butter
2 cups flour	1 tablespoon lard
2½ teaspoons baking powder	1 cup milk
½ teaspoon salt	Sugar to taste

Manner of Making

Sift the baking powder and the salt with the flour and mix in the lard and butter, working with your hands until thoroughly blended. Then add the milk and mix all well together. Roll out on board to a thickness of one inch and cut with the biscuit cutter. Cook two together, one on top of the other, spreading butter between them. Cook in buttered pan for ten minutes in a very hot oven. Mash the strawberries and sweeten to taste. Do this before making the cake and allow to stand so that the sugar will melt. Separate the cakes, which will come apart without cutting, and spread generously with filling. Have sauce boat full of sauce to pour over top.

WALNUT WAFERS

Formula

2 eggs	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{2}$ lb. brown sugar	1 teaspoon Vanilla extract
$\frac{1}{2}$ cup (scant), flour	1 cup English walnuts (chopped very fine)
$\frac{1}{2}$ teaspoon salt	

Manner of Making

Cream eggs with brown sugar. Add flour sifted three times, with baking powder. Add salt, vanilla and walnuts and stir mixture well. Drop by very small teaspoons off on well-buttered perfectly flat tins. Bake in hot oven ten or fifteen minutes.

WAR CAKE

Formula

2 cups brown sugar	1 teaspoon salt
2 cups hot water	1 teaspoon cinnamon
2 tablespoons lard	1 teaspoon cloves
1 package seedless raisins	3 cups flour
	1 teaspoon soda

Manner of Making

Boil together the sugar, hot water, lard, raisins, salt, cinnamon and cloves. Allow to boil for five minutes after they begin to bubble. Set aside to cool thoroughly. When thoroughly cooled, add three cups of flour and one teaspoon of soda, which has been dissolved in one teaspoon of hot water. When all is well-mixed together, pour into two well-buttered pans. Cook in a slow oven for three-quarters of an hour. Try with a straw and if straw comes out clean, the cake is done. This cake may be eaten at once, but is much better if kept for a week.

WEDDING OR CHRISTMAS CAKE**Formula**

1 lb. flour (browned)	1 wine glass best
1 lb. brown sugar	sherry
14 ozs. butter	1 wine glass milk
10 eggs	1 teaspoon soda (dis-
3 lbs. seeded raisins	solved in the milk
3 lbs. currants	and then strained
1 lb. citron	into the brandy)
1 tablespoon molasses	1 tablespoon cinnamon
1 wine glass best	1 teaspoon clove
brandy	1 teaspoon mace
	1 teaspoon nutmeg

Manner of Making

Use an iron frying pan that is perfectly clean and holds no odor of other cooking. Brown the flour well the day before it is to be used. Do this very slowly and carefully, so that it will not burn, making it as brown as light coffee. The eggs *must be strictly fresh*. You should use large raisins (Muscatel if you can get them.) Go over the raisins very carefully to be sure that there are no seeds in them. Citron should be cut thin as paper and in pieces one-inch long. The currants should be gone over very carefully and all the stems taken from them. This is all quite a little work and should be done the day before the cake is made. Cream the brown sugar and butter twenty minutes. Beat all the eggs fifteen minutes and add to the creamed

butter and sugar. Then add the molasses and browned flour, then the milk and brandy, mixing all well as you go along. Next add the cinnamon, clove, mace and nutmeg. Then the sherry. Flour well the raisins, currants and citron, and add to the mixture. A great big pan must be used to mix this in—the bread pan is a very suitable vessel for this purpose. When you add the fruit mix with your hands. Have the baker bake this. It makes a cake weighing well over twelve pounds. After it comes from the baker, put it in a tin air-tight box. At the end of a month, frost it.

WEDDING CAKE FROSTING

Formula

12 eggs (whites)

1 teaspoon

Sugar

vanilla

Manner of Making

To the unbeaten whites of egg, beat in slowly the sugar until stiff enough to spread. Add flavoring.

Who rises from the feast with that keen appetite that he sits down?

WHITE CAKE NO. I**Formula**

4 eggs (whites)	3 cups flour
2 cups sugar	1½ teaspoons cream of
½ cup butter	tartar
Pinch salt	¾ teaspoon soda
1 cup sweet milk	1 teaspoon vanilla

Manner of Making

Cream butter and sugar. Sift cream of tartar into the flour and dissolve the soda in the milk. Add milk and flour to butter and sugar alternately, stirring well. Then add pinch of salt, and at the last the whites of eggs, beaten stiff. Add vanilla. Put in long oblong tin, which has been lined with oiled or buttered paper and cook twenty minutes in a moderate oven, trying with a clean straw before removing from the oven.

A handful of common sense is worth a bushel of learning

WHITE CAKE—NO. 2**Formula**

1 cup butter	1 teaspoon cream of
1 cup sugar	tartar
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon soda
$1\frac{1}{2}$ cups flour	3 eggs (whites)
	1 pinch salt
	1 teaspoon vanilla

Manner of Making

Cream the butter and the sugar twenty minutes. Add the milk and the flour, into which the salt, cream of tartar and soda have been sifted. Add the flavoring and the well-beaten whites of the eggs. Mix well together and put in a long oblong tin, lined with oiled or buttered paper, and bake in a moderate oven twenty minutes. Try with a straw and if it comes out clean the cake is done.

The cake is very much improved with an orange icing.

WHITE FRUIT CAKE

Formula

3 lbs. Sultana raisins	1½ lbs. butter
1½ lbs. flour	¼ lb. citron
1 lb. coarse brown sugar	10 eggs
	1½ wine glasses whiskey

Manner of Making

Have the butter well washed and put into a wooden bowl. Beat until creamy and then add sugar. Put in the eggs by degrees—not beaten. Take a good handful of brown sugar and place in a sauce pan. Place this on the fire until it becomes very brown. Take off the fire and put in the whiskey, gradually. Leave the pan with the fire under it so as to simmer, that the whiskey may imbibe the color of the sugar, and in the dried state put it into the cake. Then add the flour and raisins. The raisins should be well washed and cooked the day before. Have the cake pan well-lined with brown paper but not buttered. There should be several folds of paper in the bottom. When pouring the batter in the tin, sprinkle in the sliced citron by degrees through it. Bake in a moderate oven three hours. Be very careful to put in all the ingredients as they are put down.

The discovery of a new dish does more for the happiness of man than the discovery of a new star

WHITE MOUNTAIN CAKE

Formula

3 cups sugar	1 teaspoon cream of
1 cup butter	tartar (sifted with
$\frac{1}{2}$ cup sweet milk	flour)
10 eggs (whites)	$4\frac{1}{2}$ cups flour
$\frac{1}{2}$ teaspoon soda	1 teaspoon bitter
	almond

Manner of Making

Cream butter and sugar twenty minutes. Add the sweet milk with the half teaspoon of soda dissolved, then the whites of ten eggs beaten stiff. Add flour which has been sifted three times. (In the first cup of flour put the cream of tartar.) Stir well after adding each cup of flour. Add flavoring. Put in long oblong pan lined with buttered or oiled paper and bake in moderate oven twenty to twenty-five minutes. Do not open oven door for fifteen minutes. Test with clean straw. When straw comes out perfectly dry, remove from oven and let stand in the pan for five minutes. Put on plate and when cold add icing made as follows:

WHITE MOUNTAIN CAKE ICING

3 eggs (whites)	1 lb. powdered sugar
2 tablespoons marsh-	flavored with a tea-
mallow	spoon lemon

Mix until smooth and spread on cake. Mark off in squares.

It works the better eaten before witness

1-2-3-4 CAKE**Formula**

1 cup butter	1 cup milk
2 cups sugar	1 teaspoon soda
3 cups flour	2 teaspoons cream of tartar
4 eggs (separated)	1 teaspoon vanilla

Manner of Making

Cream butter and sugar twenty minutes and add half cup of milk. Mix well. Dissolve soda in the rest of the milk. Add the well-beaten yolks of eggs to the mixture, then add the milk and soda, slowly beating all very well. Add the whites of eggs beaten to a stiff froth, then the vanilla and the flour (sifted four times, and having put the cream of tartar in the first cup.) The flour should be sifted into the mixture by degrees. Beat well and pour into three shallow cake pans which have been lined with oiled or buttered paper. Bake in a moderate oven about twenty-five or thirty minutes, take out and allow to cool five minutes. Put one layer on plate in which it is to be served and spread generously with filling, add another layer and spread filling on top of that, then add the third layer, cover the top layer well with filling and spread cocoanut all over the cake, completely covering it. Pick up loose pieces of cocoanut from the dish and throw over the cake so that it has the appearance of a large snowball. The filling will probably have to be made over once or twice as it should be used generously. Very delicious.

1-2-3-4 CAKE FILLING, See Page 41

Can one desire too much of a good thing?

1-2-3-4 CAKE FILLING**Formula**

2 grated cocoanuts	2 cups powdered
2 heaping tablespoons	Sugar
marshmallow	$\frac{1}{2}$ pint cream

Manner of Making

Moisten the marshmallow with the cream and whip slightly until frothy. Add sugar and then the cocoanut to make a nice thick cream and spread generously over the cake.

*We may live without friends; we may live without books,
But civilized man cannot live without cooks.*

NOTES*Write with pencil**Store it properly*

CANDY

COCOANUT TAFFY

Formula

1 cup sugar	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup molasses	1 large cup cocoanut (freshly grated)

Manner of Making

Moisten the cocoanut with part of the milk. Put the rest of the milk and the molasses in a pan and allow to come to a boil. Add the sugar, and when nearly done add the cocoanut. Cook until a little dropped in cold water hardens. Pour on battered pans.

CREAM WALNUT

Formula

2 eggs (whites) well beaten	Confectioner's or powdered sugar
$\frac{1}{2}$ teaspoon flavoring	Walnuts

Manner of Making

To the whites of the eggs, unbeaten, work in enough sugar little by little to enable you to roll it into small pats and add flavoring—vanilla or lemon. Place one-half walnuts on each side of the pat. With a few drops of fruit colorings, you can make these pink, chocolate or coffee.

The man who does little and does it well does a great deal

FUDGE**Formula**

2 cups sugar	1 teaspoon butter
2 tablespoons cocoa	1 teaspoon vanilla
$\frac{1}{2}$ cup cream	

Manner of Making

Allow sugar, cocoa and cream to boil together, slowly, stirring constantly. After twenty minutes of boiling, and before taking off the fire, put in the butter. Drop a little in cold water. It makes a soft ball. Remove from the fire and add the flavoring. Beat until the mixture is on the point of hardening. Pour into a buttered tin, cut in squares and allow to cool.

KISSES**Formula**

3 eggs (whites)	1 teaspoon vanilla
1 cup sugar	

Manner of Making

Beat the whites of the eggs until stiff (until you can turn the bowl upside down.) Then stir sugar in well and flavor with vanilla. Drop on buttered pan with black coffee spoon and bake in a very slow oven for two hours.

Our intent was at this time to move inward delight

MOLASSES CANDY

Formula

2 cups New Orleans molasses	1 piece of butter—size of an egg
$\frac{1}{2}$ cup sugar	

Manner of Making

Boil ingredients until you find that a little in water will harden. Pull until white with buttered fingers.

PEANUT CANDY

Formula

1 quart peanuts	1 pound granulated sugar
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Manner of Making

Put the sugar in a sauce pan and allow to melt slowly. Be very careful not to scorch this and when it is melted it will be brown. Have peanuts all shelled and the little skins removed from them and the nuts divided. As soon as the sugar is thoroughly melted and very hot, stir in quickly the peanuts and immediately put into a well-buttered pan to cool. Mark off in squares when a little cool.

STUFFED DATES

Formula

1 package Dromedary dates	1 egg (white) Confectioner's sugar
1 mere pinch cream of tartar	

Manner of Making

Mix the cream of tartar with the egg and add the sugar gradually, mixing continuously, until you have a smooth and stiff paste. Blend in very well and very slowly so that the sugar is well melted, then form with the fingers into little pats. Remove stone and place a little pat in the date. Roll in granulated sugar. If desired, divide the cream and flavor with different flavorings—vanilla, lemon, almond, peppermint, grated orange or strong coffee.

Knowledge comes, but wisdom lingers

WALNUT OR COCOANUT KISSES**Formula**

3 eggs (whites)	1 pinch salt
$\frac{1}{2}$ cup sugar	1 cup grated cocoanut
$\frac{1}{2}$ cup walnuts	1 teaspoon vanilla

Manner of Making

Beat the whites of the eggs with the salt, add the vanilla and beat a little, stir in lightly the walnuts and sugar together. Drop from a spoon onto a pan. Brown in a quick oven and then cook more slowly for about one-half hour. Remove from the pan with a thin knife.

He rolls it under his tongue as a sweet morsel

Eating too much fills the churchyard faster than eating too little

DRESSINGS

COLD SLAW DRESSING

Formula

2 eggs (well beaten)	1 large tablespoon cold
1 tablespoon butter	water
3 large tablespoons	$\frac{1}{2}$ teaspoon salt
vinegar	$1\frac{1}{2}$ tablespoons sugar

Manner of Making

Put butter into double boiler, and when well melted, add the vinegar with the salt and sugar. Let all get very hot. Add *very slowly* the well-beaten eggs. Stir constantly, until the mixture becomes the consistency of heavy cream. Then taste it. If it does not seem sweet enough, add a little more sugar. In order to make this a success, it requires much tasting. When finished, pour over finely sliced fresh cabbage. Do not place on the ice, as this will harden the butter.

FRUIT SALAD DRESSING

Formula

1 orange (the juice)	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ lemon (the juice)	2 eggs (yolks)
1 tablespoon melted butter	$\frac{1}{2}$ pint cream

Manner of Making

Put orange and lemon juice together with the butter, in the top of the double boiler and melt over hot water. Add sugar, and the beaten yolks of the eggs and cook until the consistency of heavy cream, stirring constantly. Remove from the fire. Whip the cream and fold it into the mixture.

MAYONNAISE DRESSING

Note—Mayonnaise must be made to taste, and there is no hard and fast rule for seasoning. Given below is what I think is a good *mayonnaise* combination:

Formula

3 eggs (yolks)— <i>must be strictly fresh</i>	Vinegar
1 cup olive oil	Salt to taste
1 small lemon (juice)	1 dash red pepper
	2 large tablespoons whipped cream

Manner of Making

Beat and add the oil, drop by drop. Add the seasoning, mixing in well. Last, put in the cream, stirring it in, which will give the dressing a delightful consistency, remove the oily flavor and add to the richness.

The amount of vinegar and lemon juice are matters of personal taste.

Man cannot live by bread alone

OYSTER DRESSING

(For Chickens or Turkeys)

Formula

2 slices salt pork	1 dash pepper
$\frac{1}{2}$ to $\frac{1}{4}$ loaf bread, depending on the size of the chicken	$\frac{1}{2}$ to 1 pint fresh oysters with liquid
1 saltspoon salt	1 cup milk

Manner of Making

Cut the salt pork into small pieces and fry in own fat for five to seven minutes. Crumb the bread and pour over it the pork and salt and pepper. Add the oysters and their liquid and then the milk. Put into a small oblong baking pan and place in the oven. Bake ten minutes. If it gets too dry, add a little more milk. Take from oven and stuff the raw chicken. Sew up and put in oven to bake.

All seasoning should be put in during the making of a dish

RUSSIAN SALAD DRESSING**Formula**

Mayonnaise (see recipe)	1 bunch chopped water cress
3 eggs	1 bunch chopped chives
2 large tablespoons whipped cream	1 teaspoon paprika
$\frac{1}{2}$ small bottle chili sauce	Salt to taste.

Manner of Making

Add all of the ingredients to the mayonnaise. Mix well and pour on lettuce and tomatoes. A delicious dressing!

SALAD DRESSING**Formula**

1 teaspoon mustard	Vinegar to taste
2 hard boiled eggs (yolks)	Sugar to taste
$\frac{1}{2}$ cup melted butter	2 tablespoons chopped leaks

Manner of Making

Mash the yolks of the eggs with the mustard. Add the butter and the vinegar, onion, chopped white of egg and sugar. Mix all very well.

This is a nice change from French dressing.

It is impossible to make a success of any dish without tasting frequently

SOUR CREAM SALAD DRESSING**Formula**

$\frac{1}{2}$ cup white wine vinegar	2 level tablespoons sugar
1 cup heavy soured cream	1 teaspoon salt
1 teaspoon mustard	1 tablespoon paprika
	3 eggs (yolks)

Manner of Making

Place in a double boiler, the sugar, mustard, salt, paprika, and let get warm. Beat slightly the three eggs and add them very slowly. Stir in *very slowly* the sour cream and allow to heat slowly until thickened to the consistency of soft custard. Take from the stove and place in a bowl of cold water and beat the dressing with an egg beater. This makes it very smooth and creamy.

All sour cream or vinegar recipes should be mixed with a wooden spoon

NOTES*Write with pencil*

The table is the only place where we do not get weary the first hour

DRINKS

COFFEE IN PERCOLATOR

Formula

4 large tablespoons 3 cups cold water
coffee

Allow to come to a boil and boil five minutes.

DRINKING CHOCOLATE

(One Breakfast Cup)

Formula

1 section from $\frac{1}{4}$ -lb. 1 cup hot milk
cake sweetened
drinking chocolate

Manner of Making

Melt the chocolate in a little hot milk. When completely dissolved add the balance of the cup of milk and boil for five minutes. If you desire it richer, add a little more chocolate. Serve with whipped cream if desired. Thin cream may be used instead of milk if one wishes this very rich.

And drink of Adam's ale

GRAPE JUICE

Formula

Grapes

Cold water

Sugar

Manner of Making

Wash grapes and pick from them the stems. Place in a kettle and cover with water. Allow to boil one-half hour and put into jelly bags, as you would jelly, allowing the juice to drain through. To every quart of juice add one-half cup of sugar. Place on the stove again and allow to boil five minutes. Pour into hot bottles, seal and cover with paraffine, keep all very hot during the time that you are filling the bottles. Fill from the stove.

Note.—To make less sweet use one coffee cup of sugar to four quarts of juice.

GRAPE-JUICE CORDIAL

Formula

2 lemons (juice)

1 pint Clysmic Water

1 orange (juice)

Sugar to taste

1 pint white grape juice

Manner of Making

Put ingredients together in the order mentioned, sweeten to taste and add ice.

Water is the mother of the vine

LEMONADE

Formula

2 lemons

1 pint boiling water

1 tablespoon sugar

Manner of Making

Wipe the lemons clean and peel very thin. Cut the lemon into thin slices staking out all the seeds. Put the slices and the rind of one lemon into a pitcher and add the sugar. Then pour on the boiling water. Cover and stand to cool. When cool strain into another pitcher and serve with cracked ice.

LEMONADE WITH EGGS

Formula

1 egg

3 tablespoons cold

1 tablespoon powdered sugar

water

1 lemon (juice)

Manner of Making

Beat the egg and the powdered sugar together until very light, then stir in the cold water and the juice of the lemon. Put into a glass and fill with finely chopped ice. Drink through a straw.

Another pot—try the teapot

PERSIAN ROSE LEAF PUNCH**Formula**

14 cubes sugar	$\frac{1}{2}$ teaspoon Boker's
1 champagne glass	bitters
best brandy	1 quart champagne
1 claret glass orange	
curacoa	

Manner of Making

Let sugar, brandy and curacoa stand over night (until the sugar is thoroughly melted to syrup), then add the bitters. When ready to serve, put into punch bowl with a block of hard ice and one quart of champagne, spreading a few rose leaves on the ice, if you have them. If too strong, add one bottle Clysmic Water. To increase amount, double proportions as often as necessary.

PURITAN COOLER**(For six people)****Formula**

1 pint lemon juice	4 pint bottles ginger
1 pint rock candy syrup	ale

Manner of Making

Mix and serve in large pitcher, with sliced fruit in season, and cracked ice.

'Tis a little thing to give a cup of water

PUNCH

Formula

1 quart water	1 box strawberries,
2 cups sugar	mashed
6 lemons (juice and rind)	1 pineapple
2 oranges (juice and rind)	2 quarts champagne
1 quart tea (make with 2 tablespoons tea and one quart hot water)	1 quart Apollinaris
	1 large bottle Mara- schino cherries
	1 cake hard ice

Manner of Making

Boil together the water and the grated rind of the lemons and oranges five minutes. When cold, add the juice of the oranges and lemons and then add the tea, berries, pineapple. Apollinaris, champagne and cherries. Pour over the ice, allow to get thoroughly cooled and serve.

TEA

(For two cups)

Formula

1 heaping teaspoon tea	1 pint boiling water
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Manner of Making

Put tea into the pot and pour on boiling water. Allow to stand on the back of the stove a very few minutes to draw.

Note.—Tea is best made in an earthen tea-pot. Be sure the pot is hot, by rinsing out with hot water.

Bring sweet water from affection's spring

NOTES

Write with pencil

Are these things then necessities? Then let us meet them like necessities

FISH

COD FISH CAKES

Formula

1 lb. salt fish	1 piece butter (size
10 medium-sized	of an egg)
potatoes	Salt and pepper to
1 egg (well beaten)	season

Manner of Making

Place the fish in a pan and cover with cold water. Place on the back of the stove and allow to remain there all day, changing the water once. Boil the potatoes until ready to mash. Flake the fish. Mash the potatoes. Mix fish and potatoes with a silver fork and add the egg, butter and seasoning. Mix well and beat until the mixture is light. Form in cakes and fry in deep, very hot, fat, until nicely browned. When one side is browned, turn over and brown on other side. Be sure the fat is very hot before placing the cakes in it.

Well, he was an ingenious man that first found out eating and drinking

HADDOCK AU GRATIN**Formula**

$\frac{1}{2}$ lb. haddock (boiled)	Bread crumbs
1 cup white sauce	2 tablespoons grated
3 tablespoons white	cheese
sauce	

Manner of Making

Divide the haddock into flakes; free it carefully from skin and bones, and mix it well with one cup of white sauce. Pile the flakes into the center of a buttered, fireproof dish, pour over it three tablespoons of white sauce, scatter on it some very fine bread crumbs, and over this and on top, the grated cheese. Place the dish in a hot oven for fifteen minutes and serve immediately with mashed potatoes.

*O, hour of all hours, the most bless'd upon earth, the blessed
hour of our dinners!*

LOBSTER NEWBURG**Formula**

3 medium-sized lobsters	1 cup milk
2 good-sized table- spoons butter	$\frac{1}{2}$ cup thick cream
1 scant cup flour, sifted three times	1 teaspoon salt
	1 wine glass best sherry
	1 wine glass Grave (white sour wine)

Manner of Making

Put lobsters in a kettle full of boiling water in which you have put one tablespoon of salt, and allow to cook until they become very red. Set aside to cool. Take lobster out of shell, being careful to remove and throw away the little black vein that runs into the tail. Cut up into one-inch pieces. Place butter in the top of the double boiler and, when melted, add *very slowly* the flour and the salt, stirring so that you will have no lumps. When melted and hot, add slowly the milk and the cream and stir until the whole mixture is smooth. Add lobster to the sauce, letting all become very hot. Stir in slowly, the sherry and grave wine and allow all to become very hot once more. Pour onto buttered toast, cut in triangles, and dust with paprika.

Invite the friend that loves thee to a feast

LOBSTER STUFFED**Formula**

2 lbs. lobster meat	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups medium cream	Few grains cayenne
1 bit of bay leaf	$\frac{1}{2}$ teaspoon nutmeg
3 tablespoons butter	1 teaspoon chopped
3 tablespoons flour	parsley
	1 teaspoon lemon juice

Manner of Making

Buy live lobsters and place in boiling water, with one teaspoon salt. Cook for about twenty-five minutes—until very red. When cold take lobster meat from shell and remove the little black vein that runs down into the tail, being very careful not to break it. Throw this away. Melt the butter and the flour, stirring constantly to keep from lumping. Then add the salt, cayenne, nutmeg and chopped parsley and then the lemon juice, very slowly. When all is well heated, add the cream and allow to get very hot again. The lobster meat should be cut in dice and added. This all wants to get very, very hot. Take from the fire and fill the lobster shells and tail ends. Sprinkle over with very fine bread crumbs, place several little pieces of butter on top and place in a moderate oven fifteen minutes. Allow to get thoroughly heated and brown on top. Serve immediately.

A dish fit for the gods

OYSTERS CREAMED**(Very nice for the Chafing Dish)****Formula**

1 generous table- spoon butter	Light cream
2 or 3 tablespoons flour	Pepper
	Salt
	Oysters

Manner of Making

Put the butter in pan and when melted blend in the flour. Mix in light cream until it is about the consistency you wish—about that of heavy cream. Put in the oysters, free of liquid, and add pepper and salt to taste. Cook until the oysters begin to curl. Serve on buttered toast.

There's no meat like 'em

OYSTERS STEWED

(Delmonico)

Formula

Oysters (about 10 for each person)	Salt and pepper
Oyster liquid	Rolled crackers
	Milk

Manner of Making

Put the liquid into a stew pan and add half as much more water, salt, pepper and one teaspoon of rolled crackers for each person. Place on the stove and allow to boil. Have the oysters ready in a bowl. The moment the liquid begins to boil, pour in all your oysters. Watch carefully and count just thirty seconds and remove oysters from the stove. Have a large dish ready with one and a half tablespoons of hot milk for each person, pour your stew on this milk and serve immediately. (Never boil an oyster in milk.)

It was a bold man that first ate an oyster

OYSTERS WITH BUTTERED EGGS**Formula**

3 eggs	1 heaping tablespoon
12 large oysters	butter
2 tablespoons cream	Salt and pepper to season to taste

Manner of Making

Beat eggs until frothy, and then add the cream and seasoning. Melt the butter in a small pan and pour in the egg mixture. Cook over a slow fire, stirring constantly. When just beginning to thicken, put in the oysters and cook to a soft creamy mass.

ROAST SALMON**Formula**

4 lbs. salmon	Pepper
Salt	Melted butter

Manner of Making

Wash the salmon inside and outside and place it on the ice until you wish to cook it. Tie into a round shape with twine and, using a brush, cover with salt, pepper and melted butter. Wrap in white buttered paper and place in the oven to roast for one hour. Baste, from time to time, with a little melted butter and remove the paper about five minutes before the fish is done.

This is very good served with Hollandaise Sauce.

*How many things by season season'd are, to their right praise
and true perfection*

NOTES*Write with pencil*

*Room! Make way! Hunger commands; my valor must
obey*

HOT BREADS

BAKING POWDER BISCUITS

Formula

1 cup flour	1 pinch salt
2½ teaspoons baking powder	1 tablespoon butter ½ cup milk

Manner of Making

Put the baking powder and salt into the flour and sift all five or six times. Add the butter and with the tips of the fingers work it into the dry ingredients. Add the milk slowly, stirring with a knife. After this is mixed, quickly, and losing no time, drop by heaping teaspoons on warmed buttered tins. Bake in *hot* oven twenty minutes.

The morning hour has gold in his mouth

BRAN MUFFINS**Formula**

1 cup flour	1 teaspoon salt
2 teaspoons baking powder	2 cups Kellogg's Bran
½ teaspoon soda	¼ cup brown sugar
	1½ cups milk
	1 egg (well beaten)

Manner of Making

Sift together the flour, baking powder, soda and salt. Add the bran, sugar, milk and well-beaten egg. Mix well and pour into muffin tin, filling half full. (Muffin tin must be well-buttered.) Bake in a moderately hot oven for twenty minutes.

The egg may be omitted and three table-spoons molasses used in place of the brown sugar, if desired. This recipe will make twelve large muffins.

No man can be wise on an empty stomach

BRIOCHE**Formula**

5 ozs. butter	2 tablespoons sugar
$\frac{1}{2}$ lb. flour	2 tablespoons milk
5 eggs	$\frac{1}{4}$ cup warm water
1 yeast cake	

Manner of Making

Dissolve the yeast in the warm water. Stir in one-half cup of flour. This will form a small biscuit. Cut biscuit across the top and drop into a pitcher three-quarters full of warm water. Put the rest of the flour in a bowl and make a hole in the centre. Put the butter, sugar, milk and well-beaten eggs into this hole. By this time the biscuit which you put in the pitcher will have come to the surface. Lift out with a skimmer and put in with the other ingredients. With your first two fingers and thumb mix all together until the flour is gradually mixed in. Work lightly and thoroughly, as you would bread. Cover the bowl and put in a warm place (about 75 degrees), and leave five hours. Stir well and put into muffin pans, which have been well-buttered, filling half full. Cover and allow to stand in a warm place for another two and one-half hours. Bake in a quick oven ten minutes.

When the stomach is full, the heart is glad

CHEESE CRACKERS**Formula**

Plain soda crackers	Paprika
Cheese	Mustard

Manner of Making

Spread cracker thickly with butter. Soften the cheese with cream and add the mustard and paprika. Spread cheese mixture on the crackers and place in the oven until brown.

CINNAMON BUN**Formula**

1 cup milk	1 tablespoon lard
2 cups flour	$\frac{1}{2}$ teaspoon salt
2 $\frac{1}{2}$ teaspoons baking powder	2 teaspoons cinnamon
1 tablespoon butter	$\frac{1}{2}$ cup raisins
	$\frac{1}{2}$ cup sugar

Manner of Making

Sift together the flour, baking powder and the salt and then add the lard and butter and work together with the hands until well-blended. Add the milk and stir in well. Roll out on the board and sprinkle first with cinnamon then with sugar and then with the raisins. Roll up with the cinnamon, sugar and raisins inside and cut in three-quarter inch pieces. Put on buttered pan and bake in a hot oven eight minutes.

One thorn of experience is worth a whole wilderness of warning

CORN CAKE

Formula

1½ cups flour	½ teaspoon salt
½ cup corn meal	2 eggs
½ cup sugar	1 cup milk
6 teaspoons baking powder	2 teaspoons melted butter

Manner of Making

Sift together the flour and baking powder and add the corn meal and salt. Add the milk and the well beaten egg and butter and sugar. Mix well and bake in a medium oven for fifteen minutes.

CORN MUFFINS

Formula

2 cups corn meal	1 cup milk
1 tablespoon flour	Pinch salt
1 egg	1 tablespoon melted butter
½ cup sugar	
1 teaspoon baking powder	

Manner of Making

Mix the corn meal and sugar, then add milk, salt and butter. Stir in the well-beaten egg and then the flour into which the baking powder has been sifted. Bake in well-buttered muffin pans for twenty minutes.

DROP CAKES**Formula**

(Delicious with pork and beans)

1 egg	1 even teaspoon yeast
$\frac{1}{2}$ cup sugar	powder
$\frac{1}{2}$ cup milk	Flour enough to make
$\frac{1}{2}$ teaspoon nutmeg	a stiff batter

Manner of Making

Mix the ingredients well together, in the order given. Cook in deep, very hot fat until a golden brown. These are dropped from the spoon into the fat, and a kettle should be used to cook them in.

My soul tasted that heavenly food, which gives new appetite

ENGLISH MUFFINS

Formula

1 quart flour

1 teaspoon salt

$\frac{1}{2}$ yeast cake

$1\frac{1}{2}$ cups cold water

Manner of Making

Dissolve the yeast cake in one-third cup of cold water. Mix the flour and the salt and then add the cold water and the dissolved yeast. Leave this to raise over night. In the winter this must be left in a warm place. In the summer, the general atmosphere is warm enough. The next day make into balls about as big as good sized egg and pat into flat shape. Place pancake griddle on the back of the stove where it will heat slowly. When warm put the muffins on it, turning constantly. Cook until the muffins rise about one and one-half inches thick, let cool. Put away in air-tight tin. Cut apart and toast the next day.

*Read o'er this;
And after, this; and then to breakfast, with
What appetite you have*

GRIDDLE CAKES**Formula**

1½ pints milk

1½ cups flour

2 eggs

2 teaspoons baking
powder

Little melted butter

1 pinch salt

Manner of Making

Sift the baking powder in with the flour. Add the milk, butter and salt, the eggs last. Mix well. Have the griddle well-greased and steaming hot. Try a small bit of the batter on the griddle to see that it is not too hot, so that it will not scorch the cakes. Cook well on one side (until little holes begin to appear in the upper side on the cake), and then turn and cook on the other side.

Now good digestion wait on appetite, and health on both

HOT CROSS BUNS

Formula

1 cup scalded milk	$\frac{1}{2}$ cup luke warm water
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ teaspoons cinnamon
2 tablespoons butter	3 cups flour
$\frac{1}{2}$ teaspoon salt	1 egg
$1\frac{1}{2}$ yeast cakes (dis- solved in little warm water)	$\frac{1}{2}$ cup raisins or currants

Manner of Making

Add butter, sugar and salt to the milk. When luke warm, add the dissolved yeast, flour, cinnamon and egg—the egg must be well-beaten first. When thoroughly mixed, add the raisins. Cover and let rise over night. In the morning, shape into large biscuits and place in buttered pan. Let rise three hours. Brush over with liquid made from the beaten yolk of one egg and two tablespoons milk. Bake in hot oven twenty minutes and when cool make a cross on the top with ornamental frosting. If the cross is left off these make very nice coffee cakes.

Hire me twenty cunning cooks

POPOVERS**Formula**

2 eggs

1 cup flour

1 cup milk

Salt

Manner of Making

Beat the eggs and add slowly the flour, into which the salt has been sifted. Add the milk slowly. Have the iron gem pan *hot* and well-greased with lard. Fill about half full, place in the hot oven and bake twenty minutes. Leave oven door open so that they can cool by degrees before they are removed from the oven, serve immediately.

SOUR CREAM BISCUITS**Formula**

2 cups flour

1 pinch salt

 $\frac{1}{2}$ cup butter

1 cup sour cream

 $\frac{1}{2}$ teaspoon

baking powder

Manner of Making

Mix well the butter and the sour cream. Add the flour into which the baking powder has been sifted with the salt six times. Drop on buttered tins and bake in a hot oven from fifteen to eighteen minutes. Do not make biscuits too large.

Keep what the gods provide you

SOUR MILK PANCAKES**Formula**

1 pint sour milk	$\frac{1}{2}$ teaspoon salt
1 teaspoon soda	1 cup flour
	1 egg if desired

Manner of Making

Mix the soda into the sour milk. Sift salt in with the flour, then sift flour into the milk. Add last of all the well-beaten egg, if one is desired. Mix well and drop with large spoon on very hot, well-greased griddle or on soap stone, which requires no grease. Try one little pancake on the griddle first to make sure that it is not too hot, so that it will not scorch them.

WAFFLES**Formula**

1 $\frac{1}{2}$ cups flour	2 teaspoons melted
$\frac{1}{2}$ teaspoon salt	butter
4 teaspoons baking powder	2 eggs (separated)
	1 $\frac{1}{2}$ cups milk

Manner of Making

Sift the baking powder into the flour and add the salt and butter. Then add the milk and the yolks of eggs, which have been beaten until light. Then fold in the stiffly beaten whites of eggs. Cook on waffle iron until brown.

What neat repast shall feast us, light and choice

NOTES*Write with pencil**Plenty of cold milk for the children*

ICES

CAFE MOUSSE

Formula

3 eggs (yolks)

1 cup strong coffee

1 cup sugar

1 pint cream

Manner of Making

Beat the eggs and one-half cup of sugar together and pour on the hot coffee. Set aside to cool. Add whipped cream and the rest of the sugar. Put into a mould and pack as for ice cream. Do not turn. Allow to stand for four hours and serve.

CHOCOLATE ICE CREAM

Formula

1 quart rich cream

Sugar to taste

3 squares unsweetened
chocolate—more if
you wish a stronger
flavor

6 eggs, well beaten
(yolks only)

Manner of Making

Beat the eggs well and add to the cream. Sweeten to taste. Melt the chocolate over a kettle of hot water and add to the mixture. Freeze. This amount of chocolate gives a delicate flavor.

After dinner sit awhile; after supper walk a mile

FRESH CURRANT ICE**Formula**

2 quarts currants	1 cup water
3 cups sugar	2 cups cream

Manner of Making

Press fruit through a colander. Boil sugar and water until the sugar is dissolved. Remove from stove and add to juice and cream. Put in freezer and freeze.

FROZEN BANANAS**Formula**

6 large bananas	1 quart water
$\frac{1}{2}$ lb. powd. sugar	1 lemon peel, grated

Manner of Making

Slice bananas into thin slices and add the sugar. Allow to stand for one-half hour. Then add the water and the lemon peel. Pour into freezer and freeze as you would ice cream.

FRUIT ICE CREAM

Make the same as vanilla ice (see recipe), using half fruit and half cream.

If strawberries are used, strain fruit through cloth to remove the seeds. Garnish dish with fresh fruit. If you have a round mould, it is very nice to fill up the center with fruit.

Your name is great in the mouths of wisest censure

ORANGE SHERBET

(This makes enough for three or four people)

Formula

6 or 8 oranges	1 or 2 teaspoons orange
Sugar to sweeten to taste	flavoring

Manner of Making

Squeeze juice from fruit and add sugar and flavoring. Freeze.

PINEAPPLE SHERBET**Formula**

1 pint pineapple	2 lemons (juice)
2½ pints water	4 eggs (whites)

Manner of Making

Beat the eggs until stiff and add the pineapple, water and lemon juice. Freeze.

PINEAPPLE SHERBET**Formula**

1 pineapple	Sugar to sweeten to taste
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Manner of Making

Extract all the juice from the fruit and sweeten to taste. Must have juicy fruit. Freeze.

Never ask a man a favor until he has had his dinner

SPECIAL FRUIT ICE CREAM**Formula**

1 qt. heavy cream (fresh)	3 red bananas (sliced)
6 eggs (yolks)	1 cup orange juice
Vanilla (a little grated bean, if you have it)	1 small bottle Mara- schino cherries

Manner of Making

Beat eggs twenty minutes and add the cream slowly. Sweeten, flavor and freeze. Just before finishing, put in the bananas, oranges and cherries; give one more grind and serve.

VANILLA ICE CREAM**Formula**

1 quart fresh, heavy cream	Sugar
6 eggs (yolks)	Vanilla (a little grated bean)

Manner of Making

Beat eggs twenty minutes and add slowly the cream. Sweeten, flavor, and freeze.

*Give us the luxuries of life and we will dispense with the
necessaries*

VANILLA ICE CREAM

(Served with sliced oranges and strawberry sauce)

Formula

3 qts. vanilla ice cream (see recipe)	1 pint jar preserved strawberries
6 oranges	Hot water

Manner of Making

Slice oranges and remove all membrane from them. Place in dish and sprinkle well with sugar, allowing to stand all night and (if dessert is to be served at dinner) all of the next day, so that all becomes dissolved and makes an orange syrup. Take the pint glass of strawberry preserve and add enough hot water to take the stiffness from it, making it the consistency of sauce. If the mould is a ring, pile the center with sliced oranges and strawberries. If not, serve the orange and strawberry sauce in separate dishes. This is especially good if served with home-made preserves.

An hour in the morning is worth two in the evening

NOTES*Write with pencil**Would the cook were of my mind*

LUNCHEON AND SUPPER DISHES

BAKED EGG IN TOMATO

Formula

1 tomato	1 egg
Salt to season	1 small piece butter
Pepper to season	(about $\frac{1}{2}$ teaspoon)

Manner of Making

Cut a slice from the stem of a firm tomato and remove some of the pulp. Set in a buttered ramekin and sprinkle with salt and pepper. Drop the egg into the tomato cup and sprinkle with more salt and pepper. Place a little melted butter on top. Put in a moderate oven and cook until the egg is firm. About fifteen minutes.

Prepare as many of these individual dishes as may be desired.

*All the goodness of a good egg cannot make up for the badness
of a bad one*

BAKED HOMINY LUNCHEON DISH**Formula**

1 tablespoon butter or drippings	$\frac{1}{2}$ teaspoon paprika 1 cup cheese, grated
1 tablespoon corn starch	2 cups cooked hominy $\frac{1}{2}$ cup bread crumbs
1 cup milk	1 teaspoon salt

Manner of Making

Carefully blend the corn starch and the cold milk, and then add the salt and then the butter or drippings. Place in a double boiler and heat slowly, stirring, constantly for five minutes. Next add the cheese and paprika. Cook a few minutes longer. Cut the hominy with small cookie cutter, placing in a dish so that each one overlaps the other and pour the sauce over it. Cover with cracker crumbs and bake in a moderate oven twenty minutes, until a golden brown.

CHEESE CROQUETTES**Formula**

1 tablespoon butter	2 heaping teaspoons
1 tablespoon flour	grated cheese
1 cup milk	(American or
$\frac{1}{2}$ teaspoon mustard	Parmesan)
$\frac{1}{4}$ teaspoon salt	1 egg (beaten to dip
1 dash pepper	them in)
2 eggs (yolks)	Cracker crumbs

Manner of Making

Place butter in the top of the double boiler and, when melted, add the flour gradually, stirring all the time. Then add, very gradually, the milk. Stir constantly until the mixture thickens and boils. Season with the mustard, salt and pepper, as per formula, or to suit individual taste. Beat the yolks of the eggs until light and add to the mixture. Set aside to cool. When thoroughly cooled, mix in the cheese and form with floured hands into small croquettes. Dip in cracker crumbs, then in beaten egg and again in cracker crumbs. Fry in deep hot fat until golden brown.

These are delicious with the salad course and are much better if set aside to cool but not made into croquettes the day before they are to be eaten.

CHEESE SOUFFLE**Formula**

4 tablespoons butter	$\frac{1}{2}$ cup milk
2 tablespoons flour	1 cup grated cheese
$\frac{1}{4}$ teaspoon soda	3 eggs
$\frac{1}{4}$ teaspoon mustard	Few grains cayenne pepper

Manner of Making

Sift the soda, mustard and cayenne into the flour. Place butter in pan and when melted, carefully add the flour, etc., stirring carefully all the time to avoid lumps. When this is thoroughly mixed, add the milk gradually. When the mixture begins to boil, remove the pan from the fire and stir into it the cheese, then the yolks of the eggs which have been beaten until light. Beat the whites of the eggs until stiff and fold into the mixture. Pour into buttered pudding dish and bake in a moderate oven about twenty-five minutes. If baked in ramekins, they should bake twelve minutes. Serve immediately.

We'll bring your friends and ours to this large dinner;

CHICKEN CREAMED**(Enough for four people)****Formula**

1 small chicken—not necessarily a broiler	Salt to season 1 pint heavy cream
2 heaping tablespoons butter	1 teaspoon flour

Manner of Making

Cut the chicken into four pieces; thoroughly wash and wipe—not too dry—and rub well with flour. Have the butter in a frying pan—being careful not to scorch—and when thoroughly melted and hot, put in the pieces of chicken (as many as the frying pan will hold at a time) and allow to cook thoroughly and slowly so that the meat is thoroughly cooked, but not dry. As the pieces are finished and taken off, place them in a pan and leave on the range, covered. As you add more pieces of chicken you will require more butter—one and one-half tablespoons will be sufficient. When all the chicken is cooked pour on slowly half of the cream, stirring all the time so that the chicken will become saturated with it. Mix flour in with the other half of the cream until smooth. Stir this into the mixture in frying pan which will make it about the consistency of heavy cream. Taste the gravy to see that you have sufficient salt in it, and if not, add more until it is seasoned to taste. If the gravy seems too thick, add a little more cream to thin it. Place in the frying pan the rest of the cooked chicken, turning it over in the gravy. When this is thoroughly heated remove from fire and serve at once. If you desire more gravy, use more cream. Livers and hearts are very nice cooked with the chicken.

Must be made with heavy cream.

Double the quantities if more is desired.

CHOP SUEY**(Enough for six people)****Formula**

1½ lbs. meat (chicken, pork or veal) lean meat	4 stalks celery 1 head cabbage 2 medium-sized onions 2 tablespoons butter
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Manner of Making

Slice the raw meat into one-half inch slices and cook in a frying pan, with butter. Put in another frying pan with one tablespoon of butter. Fry about thirty minutes with the lid on and then add the meat, mixing it well with the vegetables and allow all to get very hot—about five minutes longer. Serve with plain boiled rice and Japanese Sayo Sauce.

CORNEB BEEF HASH**Formula**

1 can corned beef ½ as much mashed potato 1 good-sized onion	Salt and pepper Butter (size walnut) Milk
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Manner of Making

Boil the potatoes and mash them with milk and butter—just as they would be prepared to serve on the table. Put the meat through the meat grinder and mix the meat and potato, while the potato is warm. Then mix in the onion and seasoning. Have a little melted butter in frying pan, put in the hash and make nice and smooth so that it is about one and one-half inches thick and brush well on the top with butter. Place in the oven and bake twenty minutes. Serve very hot.

*Let onion atoms lurk within the bowl,
And, half suspected, animate the whole*

EGG CRACKLE

Formula

1 cup fresh stewed or	$\frac{1}{2}$ cup grated cheese
canned tomatoes	$\frac{1}{2}$ cup chipped beef
1 onion	1 egg

Manner of Making

Put meat, onion and cheese through the meat grinder. Heat tomatoes in double boiler, then add chopped mixture. When the cheese is melted and the onion cooked; which will be in twenty minutes, add the *whole* egg (not beaten), and stir quickly and well into the mixture. Serve on thin slices of buttered toast.

EGG TIMBALS

Formula

6 eggs, well beaten	1 dash pepper
12 tablespoons milk	$\frac{1}{2}$ teaspoon salt

Manner of Making

Beat the eggs well and add the milk, then the pepper and salt. Have tin cups thoroughly buttered and fill half full. Bake in a pan of hot water ten minutes.

Turn into a platter and serve with cream sauce.

Enough is as good as a feast

GNOCCHI A LA ROMANA**Formula**

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup flour	2 cups sweet milk
$\frac{1}{2}$ cup corn meal	2 eggs (yolks)
(use white)	$\frac{3}{4}$ cup grated cheese

Manner of Making

Scald the milk with the meal and then add the butter which has been melted in the pan. Salt and pepper to taste. Cook three minutes, stirring constantly. Add the yolks of the eggs, slightly beaten, and one-half cup of cheese, stirring in quickly and cheese will melt as you stir it. Pour into shallow buttered pans. When cold, turn out on board and cut with biscuit cutter and place in a pan so that one piece overlaps the other. Sprinkle with the remaining cheese and brown in a hot oven ten minutes.

Change is the sauce that sharpens appetite

THE COOK BOOK

CHEESE STRAWS

Formula

1 pound butter	2 pounds cheese
1 pound flour	2 teaspoons salt
2 cups cold water	1 teaspoon red pepper

Manner of Making

The butter must be very hard. Sift the flour into a bowl and chop the butter into it with a meat chopper, leaving it sprinkled throughout the flour in lumps. Add the water and mix in thoroughly. This will make the mixture hold together so that it can be rolled. Roll out with just enough flour on top to prevent the rolling pin from sticking. If there is any surplus flour on top when it is rolled out, brush off with a broad paint brush. Fold over and roll out again. Repeat three times, allowing fifteen minutes to elapse between each rolling. It will now show streaks of butter all through it. Roll up again and allow to stand all night in the ice box. In the morning roll out again. Sprinkle one-half the sheet of pastry with cheese, salt and pepper. Fold over onto the uncovered half and roll out. Sprinkle one-half again with cheese, salt and pepper, fold over the uncovered half and roll out again; continue this until the cheese and pepper is well sprinkled through the pastry. Cut into strips one-third inch wide and five inches long. Put on sheets and place in a very hot oven for five minutes. Then remove the covers from the fire so that the oven will cool and cook slowly twenty minutes more, making twenty-five minutes in all for the cooking. Remove from the oven and allow to get thoroughly cooled (two hours) before serving.

THE COOK BOOK

CREAMED MUSHROOMS

(Quantity may be doubled if more is desired)

Formula

1 qt. small mushrooms $\frac{1}{2}$ teaspoon salt
3 tablespoons butter 1 dash white pepper
1 pt. thick cream 1 scant teaspoon flour

Manner of Making

Put the butter in the chafing dish, without the hot water underneath it, and when it is melted add the mushrooms. Put the cover on and allow to cook for ten minutes, stirring occasionally. Add the salt and pepper and then the cream. Allow to cook until the mass begins to thicken (about five minutes.) Sprinkle in the flour and continue stirring to prevent lumping. When the flour is well mixed, the dish is ready to serve. Pour on thin slices of buttered toast.

KIDNEYS ON TOAST**Formula**

9 kidneys	1 teaspoon lemon juice
5 tablespoons butter	1 onion, grated
2½ tablespoons flour	1 teaspoon salt
1½ cups hot water	1 dash pepper

Manner of Making

Wash and cut the kidneys in quarters, removing the hard white center. Fry in two tablespoons butter for five minutes. Take from the fire and put into a dish. Put the rest of the butter into the frying pan and add the flour, stirring well, and leave until all becomes brown. Add the water, lemon juice, onion, salt and pepper and stir all together. Add the kidneys and then cook for five minutes. Serve on slices of thin buttered toast. This makes enough for four people. Double quantities if more is desired.

MUSHROOMS COOKED UNDER BELL

Formula

Buttered toast	Salt
Mushrooms	Butter
Pepper	

Manner of Making

Line the individual dishes with buttered toast and put in the mushrooms. Sprinkle with pepper and salt to season and place a generous piece of butter on top. Put on cover and cook for twenty minutes in a moderate oven. Serve in the dishes in which they are cooked, leaving the bells on.

NAPOLI MACARONI

Formula

$\frac{1}{4}$ thin slices bacon	$\frac{1}{4}$ teaspoon cayenne
$\frac{1}{2}$ quart canned tomatoes	2 pieces bay leaf
1 onion, sliced	Salt and pepper to season
$\frac{1}{4}$ teaspoon mace	2 cups macaroni or
$\frac{1}{4}$ teaspoon allspice	spaghetti (cooked)

Manner of Making

Break macaroni into small pieces, cover with water and boil one hour. Drain off all the water. Try out bacon in pan (all fat removed and the bacon becoming crisp), and drain. Put into a sauce pan and add tomatoes, onion, mace, allspice, cayenne and bay leaf. Bring to a boiling point and allow to simmer for one-half hour. Season with salt and pepper and then add macaroni. Allow to get very hot and serve.

The mushrooms show his wit

PORK AND BEANS

Formula

1 quart beans (California hand-picked pea beans are the best)	1 raw onion 1 lb. raw pork 1 tablespoon molasses 3 tablespoons sugar 1 teaspoon salt
2 heaping teaspoons mustard	

Manner of Making

Cover the beans with water and allow to soak all night. In the morning throw off the water and cover again with cold water, adding the mustard. Boil until the beans begin to crack. Chop up the onion and place it in the bottom of the bean pot, then put in two medium-sized slices of raw pork. Put in beans, until the pot is half full then put in three-quarters of a pound of pork cut in one or two inch slices, and fill the pot with beans. Mix together the molasses, sugar, salt and a little water and pour over the beans. Cover with boiling water and place in the oven and cook all night and all of the next day. Cook again the next morning until luncheon time. Do not allow the beans to get dry at any time; keep adding hot water when they show signs of cooking dry.

He that eats till he is sick must fast till he is well

SCRAMBLED EGGS—WITH BRAINS**(Calf's)****Formula**

2 pair brains
1 teaspoon salt

3 eggs, well beaten
Generous lump butter
 $\frac{1}{2}$ cup milk

Manner of Making

Pour hot water over the brains until they are covered, putting in the salt. Allow to simmer (if cooked faster, the brains will break.) Simmer for half an hour. Strain and allow to cool. When thoroughly cool, remove carefully the membrane which holds them together and place on ice. The next day cut in cubes. Beat eggs and milk together and place in a pan with the butter. Add the brains and cook thoroughly, stirring constantly. Serve on buttered toast.

These are particularly good over the chafing dish.

People may have too much of a good thing

WELSH RAREBIT**Formula**

1 lb. mild American	1 egg
cheese (cut in cubes)	1 piece of butter, size
4 good-sized tea-	of a walnut
spoons mustard	1 tablespoon Worces-
$\frac{1}{2}$ cup milk	tershire Sauce

Manner of Making

Put the butter in the chafing dish, and when melted, add the cheese, pressing it down with a fork until it begins to melt. Mix the mustard and the milk. Beat the white and yolk of the egg separately—the white stiff and the yolk very well. Add, by degrees, the milk and mustard to the cheese and then the yolk of the egg. Beat until the mixture boils smooth. If it seems a little thick, add a little more milk, not more than one-quarter of a cup. Add the beaten white of egg and stir well into the mixture. After this is well mixed, add the Worcestershire Sauce. Serve on thin buttered toast.

NOTES

Write with pencil

*A man's purse will never be bare
If he knows when to buy, to spend, and to spare*

MEATS

BROILING MEATS

In broiling meats, be sure they do not stand after they are cooked. Fifteen minutes before dinner is time enough to cook properly. Meats broiled over live coals are always the best. Care should be taken that they are turned often enough so that they do not burn.

CORNER BEEF OR TONGUE

These should be put on in cold water and allowed to simmer and boil slowly for several hours—seven hours, depending on size.

An ill cook should have a good cleaver

CREAMED BEEF**Formula**

1 box dried beef	1 tablespoon rich
1 tablespoon butter	cream, if desired
milk	1 egg
	Buttered toast

Manner of Making

Tear the beef into small pieces and put in a saucepan. Cover with cold water and allow to come to a boil. Pour off the water. Add butter and enough cold milk to cover and allow to come to a boil. Break egg into this and stir rapidly, until the egg is all mixed in. A tablespoon of rich cream adds greatly to this dish. Serve on buttered toast.

Hunger is sharper than the sword

CURRY

Formula

1½ tablespoons curry powder	Cocoanut milk 1 clove garlic
2 lbs. meat—chicken, lobster, shrimp, veal or lamb may be used	1 good-sized onion Medium sized piece fresh ginger
1 cocoanut	2 tablespoons corn starch
1 pint milk	

Manner of Making

Grate the cocoanut. Mix together the milk and the cocoanut milk and put into a double boiler to warm. Add one-quarter of the milk to the grated cocoanut and mash with your hands for one minute. Then squeeze it through a very fine strainer. Repeat this process four times, until the milk and the juice are used. Place on the ice until the top gets hard. Slice one good-sized onion. Mash the garlic and the fresh ginger and boil in one cup of cold water fifteen minutes. One-half hour before dinner remove the cocoanut and juice from the ice-box and make a little hole in the edge of the crust which is formed on top and pour the liquid into the double boiler, saving the hard part. When this is hot, thicken with cornstarch and curry powder. Strain into this, when thickened, the onion, garlic, and ginger, and then add pepper and salt to taste. Add the meat and let get warmed through. Last of all add the hard crust of the cocoanut, which was on top of the dish when removed from ice-box. Serve with plain boiled rice, chutney, lemon, chopped raw onion and thin rings of onion fried in deep hot fat. The whole of a hard boiled egg, chopped very fine, should be sprinkled over it, and sometimes chopped peanuts or freshly grated cocoanut are used if desired.

All meat is to be eaten

HEAD CHEESE

(Takes three days to make)

Formula:

1 pig's head	3 pepper corns
4 bay leaves	1 teaspoon salt
4 cloves	Pepper

Manner of Making

Scrub the pig's head well with cold water and remove all the little bristles you may find. Cover with cold water and allow to simmer slowly all day. Put aside to stand all night. The next morning add the bay leaves, cloves, pepper corns and allow to cook slowly all day long. The next day take out the meat and remove all the bones and hard substance. Have the meat chopper set so that it will grind finely and put the meat through it. Add the salt and pepper. Put back on the stove with the jelly in which the head was cooked and allow to boil up once. Pour into a bread pan and put away to cool. Cut in thin slices and serve with Sauce Vinaigrette. This will keep several days.

If a great many sandwiches are being served, it is a good plan to keep them wrapped up in a damp napkin until they are to be eaten.

LIVER AND BACON

Note.—Calf's liver should be cooked the same day it is purchased. If it is kept on ice it spoils.

Manner of Cooking

Cut out all the membrane and roll in flour. Have the frying pan very hot and put into it three or four slices of bacon. Cook slowly so that the fat will come out and give enough in which to cook the liver. Cook liver quite slowly at first, as this must be well done. The last five minutes before taking off, cook briskly so that it can get nicely browned. Take out the liver and bacon and put on platter. Add to the grease that is left one-half cup of hot water. When this all boils, add, very gradually, two teaspoons of flour. Stir in very carefully, so that the flour will not lump. Put through a strainer over the liver and bacon. Serve.

MEAT SOUFFLE**Formula**

1 cup cream sauce	1 cup chopped meat—
1 teaspoon chopped parsley	chicken, veal, or pork
$\frac{1}{2}$ teaspoon onion juice—to season	2 eggs

Manner of Making

Make cream sauce. Melt one tablespoon of butter and add slowly three-quarters cup of flour, stirring continuously to keep from lumping. Add one-half cup of milk and cream mixed. When cooked to the consistency of heavy cream, season with the chopped parsley and onion juice. Then stir in the chopped meat, and when hot add the beaten yolks of the eggs stirring rapidly. Put in saucepan and cook one minute and put aside to cool. Beat the whites of the eggs stiff, and when the mixture is cool stir them into it. Bake in a buttered pudding dish twenty minutes, and serve immediately.

OX TAIL STEW**Formula**

1 ox tail	1 bayleaf
2 carrots	Salt and pepper to taste
2 turnips	$\frac{1}{2}$ tablespoon butter
2 onions	$\frac{1}{2}$ tablespoon lard
1 small teaspoon celery salt	$\frac{1}{2}$ can tomatoes
1 small teaspoon ground cloves	1 bottle mushroom catsup
	1 wine glass sherry

Manner of Making

Cut ox tail in pieces and fry until brown in butter and lard. Chop carrots, turnips and onions fine and also fry in fat until brown. Then add the ox tail with tomatoes. Add spices and salt and pepper and water enough to cover. Allow to simmer for five hours. Just before serving add mushroom catsup and sherry and serve with boiled rice.

Should be cooked a day or two before wanted. Heat before serving. A can of mushrooms or a few fresh mushrooms are a great addition.

A dish that I do love to feed upon

ROASTS**Formula****Meat****Flour (a little)****Salt to season****Pepper to season****Manner of Preparing**

Meat should be well wiped off with clean, damp cloth and placed in the baking pan. Sprinkle over the entire surface with salt and pepper, then flour, leaving a little in the pan. Put in a very hot oven. A slow oven allows the juices to come out of the meat and toughens it, while a hot oven shuts in all the juice and keeps the meat tender. After twenty minutes, when the flour in the pan is slightly browned, put hot water in the pan—about a half cup full. From time to time baste with a large spoon. About fifteen minutes before removing from the oven, turn roast over to brown a little on the other side.

A man must keep his mouth open a long while before a roast pigeon flies into it

SAUSAGE MEAT

Formula

3½ lbs. lean pork	¾ teaspoon gr'nd clove
2½ lbs. clear fat pork	¾ teaspoon gr'd allspice
3 tablespoons black pepper	1 lb. rolled cracker crumbs
6 teaspoons salt	A little cold water
6 teaspoons powd. sage	

Manner of Making

Set the meat grinder to grind coarsely, and pass the pork through it. Mix thoroughly the pepper, salt, sage, clove and allspice, and then blend very carefully and thoroughly with the meat, adding gradually the cracker crumbs. A little cold water may be required to make this into a good paste. Always make this in a cold place and mix ingredients with the hands. It is well to try a little of the sausage by frying a small piece to see if it is seasoned to suit the taste. Mould into cakes three-quarters of an inch thick, and fry in one tablespoon fat until sausage is a delicate brown.

NOTES*Write with pencil*

*Eat white potatoes, sweet potatoes, rice, squash, pumpkin and
onions*

MISCELLANEOUS

CHEESE BREAD

Formula

4 or 5 slices bread Cheese
1 quart milk

Manner of Making

Soak the bread in the milk for one hour, cover well with grated cheese and place in the oven for twenty minutes. Remove from the oven and serve.

CHEESE CAKE PIE

Formula

9 tablespoons sugar 1 lemon (grated rind
4 eggs only)
2 cups milk 2 cups cottage cheese
1½ lemons (juice)

Manner of Making

Beat together the eggs and the sugar for five minutes. Add the cheese and beat until very well mixed and not lumpy. Then add the rind of the lemon and the lemon juice, then the milk. Beat very well again and pour into oblong pan lined with uncooked pie-crust. Bake in a very slow oven for one hour. Add fuel to fire to make oven very hot and cook another five minutes, until it is browned on top.

Bachelor's fare: bread and cheese and kisses

CINNAMON TOAST**Formula**

Bread	1 scant teaspoon
Melted butter	cinnamon
2 teaspoons sugar	

Manner of Making

Slice bread very thin, cutting off the crusts, and cut in slices diagonally. Toast to a rich brown. Brush well with melted butter and dust with the cinnamon and sugar which has been mixed. Place in hot oven until the cinnamon and sugar are thoroughly melted, ten minutes. Serve in a hot dish.

CODDLED EGGS**Formula**

Eggs	Boiling water
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Manner of Making

When water is boiling briskly, drop in the egg and immediately remove the saucepan from the fire. Leave covered for five minutes and eggs are ready to serve. Much more delicate than plain boiled eggs.

*Any dish, however simple, if properly cooked and seasoned,
is delicious*

COOKED HOMINY

Formula

1½ cups hominy 1 teaspoon salt
3 cups water

Manner of Making

Place in a double boiler and cook 2 hours until all becomes the consistency of heavy cream, stirring occasionally.

CORN MEAL MUSH

Formula

3½ cups water 1 teaspoon salt
1 cup corn meal

Manner of Making

Boil ten minutes and cook in double boiler for two hours. Boil the water first and then add the salt. Slowly add the corn meal, stirring constantly so that it will not lump. Serve hot as cereal with sugar and cream if desired, or allow to cool and fry. (See Fried Mush.)

CREAM CHEESE AND OLIVE SANDWICHES

Formula

1 cream cheese	Dash of red pepper
A little heavy cream	Bread and butter
1 small bottle olives (stuffed)	

Manner of Making

Moisten the cream cheese well with cream. Chop the olives fine and add to the mixture. A dash of red pepper and a little salt to taste. Allow to get cool. Have bread cut very thin and freshly buttered, with the crusts removed. Spread well with filling. Serve.

CREAM CHEESE AND WALNUTS

Formula

1 cream cheese	$\frac{1}{4}$ cup English walnuts
A little heavy cream (enough to make cheese a spreading consistency)	Salt to taste

Manner of Making

Mix cream with the cheese, until it becomes light enough to spread easily. Add the chopped walnuts. Spread on well-buttered bread, and serve.

The secret of making sandwiches is in having the bread well buttered and a generous amount of filling used. No one cares for a dry sandwich

FRIED BANANAS**Formula**

Bananas

Powdered sugar

Butter

Manner of Making

Use well-ripened bananas, as large as you can get them, and slice them in halves. Fry gently in butter so that they will not get broken, and before serving sprinkle a little powdered sugar on them. Serve with heavy cream.

FRIED BREAD**Formula**

1 cup milk

1 tablespoon sugar

2 or 3 eggs

Stale bread

Pinch of salt

Manner of Making

Beat eggs into the milk well and add the sugar. Cut bread into slices half an inch thick. (*Do not remove crust.*) Allow these to soak thoroughly in the mixture one hour, not cutting more bread than will absorb milk. Fry in butter, getting a nice brown on either side. Serve hot with fine sugar or syrup.

Unquiet meals make ill digestion

FRIED MUSH**Formula**

1 cup white corn meal 1 teaspoon salt
3½ cups boiling water

Manner of Making

Cook the above as for corn meal mush (see recipe). Pour into tin pans (moulds) which have been rinsed in cold water. In the morning put a little hot fat in a frying pan. Cut mush down in slices and sprinkle with flour. Fry in one tablespoon butter until a dark brown.

HARD-BOILED EGG SANDWICHES**Formula**

3 fresh eggs Bread or rolls
3 tablespoons Salt to taste
mayonnaise

Manner of Making

Boil the eggs twenty minutes. Place in cold water to cool and when thoroughly cooled remove shells and chop fine. Mix in the mayonnaise, using more than three tablespoons if necessary to make the mixture a spreading consistency. Put between slices of buttered bread.

Sandwiches to be kept from drying should be wrapped in a cloth which has been moistened in cold water

HOMINY CAKE

Formula

1 pint milk	3 eggs (whites and
1 cup gran. Indian	yolks beaten
meal	separately)
$\frac{1}{2}$ cup cooked rice	1 pinch salt
1 tablespoon butter	

Manner of Making

Place the milk in a double boiler and scald. Add the Indian meal and cook five minutes. Add other ingredients and mix well. Place in buttered pan and bake twenty minutes. Serve in dish in which it is cooked.

FLAXSEED TEA

Formula

1 cup flaxseed	2 or 3 lemons
1 quart water	Sugar to taste

Manner of Making

Put the flaxseed in a double boiler with the water and allow to boil one hour—until it becomes gelatinous. If it seems too thick, add another cup of hot water and allow to boil another half hour. Take off the stoye and strain. Flavor to taste with sugar and lemon juice. Drink warm; especially soothing for a cold.

*Room! Make way! Hunger commands; my valor must
obey*

MUSTARD**Formula**

4 tablespoons mustard	$\frac{1}{2}$ teaspoon sugar
Hot water (enough to cover mustard)	$\frac{1}{2}$ teaspoon salt 1 dash of pepper
2 tablespoons oil	Vinegar

Manner of Making

Cover mustard with hot water and add oil, sugar, and salt and pepper, mixing well. Last, add vinegar slowly until the mixture is the consistency of heavy cream.

Be careful, but not too full of care

LIQUID YEAST

Formula

4 medium-sized potatoes	1 tablespoon salt
1 quart water	1 tablespoon sugar
1 handful hops	1 tablespoon ginger
1 cup flour	1 cup good sweet yeast

Manner of Making

Peel the potatoes and tie the hops in a muslin bag. Put these into a saucepan with a quart of water, cover and cook until the potatoes are soft. Put the flour, salt, sugar and ginger into a bowl. Mash the potatoes fine and put into the bowl with the other ingredients and then pour the boiling hot hop water over all, stirring rapidly. When this is nearly cold, add the yeast. Allow to stand until light, then bottle very tightly and keep in a cool place.

Haste makes waste and waste makes want, and want makes strife between the good man and his wife

OATMEAL GRUEL

Formula

2 cups Quaker oats	Sugar to taste
Cold water enough to cover	Nutmeg to taste
	$\frac{1}{2}$ cup of cream
1 quart milk	
1 pinch salt	

Manner of Making

Cook the Quaker oats, covered with cold water for two hours in a double boiler. If they seem to get dry, add a little water. Take from the stove and put through a sieve, working through until perfectly smooth and all the husk and little lumps have been removed. Put back on the fire and beat in the milk and salt and allow to get thoroughly heated. Add sugar and nutmeg to taste, one-half cup of cream, and thoroughly beat. If this is a little thick, add more cream or milk.

OATMEAL MUSH

Formula

6 cups boiling water	$2\frac{1}{2}$ cups oatmeal
$2\frac{1}{2}$ teaspoons salt	

Manner of Making

Add salt to the boiling water and slowly stir in the oatmeal. Cook until the consistency of heavy cream (thirty minutes, or if in double boiler one hour). If this is not cooked in double boiler it requires almost constant stirring to keep from catching on the bottom. If cooked in the double boiler, an occasional stirring is sufficient.

An ounce of wisdom is worth a pound of wit

STUFFING—PLAIN DRESSING**Formula**

1 loaf stale bread	Celery salt to taste
1 cup melted butter	Pepper—dash
2 tablespoons	2 tablespoons
chopped parsley	Bell's Dressing
$\frac{1}{2}$ tablespoon sage	

Manner of Making

Grate the bread and add to it the melted butter. Then add the seasoning and put into turkey or chicken.

VIRGINIA SPOON BREAD

Note.—This is sufficient for four people. When a larger quantity is desired, double the recipe.

Formula

1 pint milk	3 eggs
1 cup boiled rice	1 pinch salt
$\frac{1}{2}$ cup Indian meal	
1 large tablespoon butter	

Manner of Making

Put milk in double boiler and scald. Then add the Indian meal and cook five minutes. Add rice. Add the butter and the eggs, beaten lightly, then the salt. Put in well-buttered baking pan and cook in moderate oven twenty minutes.

Bread is the staff of life

NOTES*Write with pencil**Economy is a great revenue*

PASTRY

CATHARINE'S RAISIN COOKIES

Formula

$\frac{1}{2}$ cup butter	1 cup flour
$\frac{1}{2}$ cup sugar	$\frac{3}{8}$ teaspoon soda
2 eggs	2 teaspoons vanilla
$2\frac{1}{2}$ tablespoons milk	1 cup chopped raisins
1 cup oatmeal	

Manner of Making

Cream the butter and the sugar, then add the eggs, well beaten, then the milk in which the soda has been dissolved. Stir all well and add gradually the oatmeal and flour and the vanilla. Then add the raisins. Mix very well and drop from a teaspoon onto buttered tins. Bake from fifteen to twenty minutes in a fairly hot oven.

COOKIES

(Favorite)

Formula

2 cups sugar	1 teaspoon soda
1 cup butter	1 teaspoon vanilla
2 eggs	Small pinch salt
5 cups flour	

Manner of Making

Cream sugar and butter well together, add eggs well beaten, sift soda with flour (sift twice) and add to mixture. Add flavoring and salt and mix well, roll very thin and bake in a hot oven to a golden brown ten minutes. *Can't fail.*

Infinite riches in a little room

CORN MEAL COOKIES**Formula**

$\frac{1}{2}$ cup shortening	6 teaspoons sour milk
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup Karo corn syrup	2 cups corn meal
1 egg	1 cup barley flour

Manner of Making

Mix together the shortening, molasses and corn syrup. Beat the egg. Mix the soda with the milk and the corn meal with the flour. Beat in the egg, then the milk, and add slowly the corn meal and flour, stirring well. Drop from teaspoon onto greased pan. Cook ten or twelve minutes.

OATMEAL COOKIES**Formula**

2 cups Quaker oats	1 teaspoon baking
1 cup sugar	powder
2 eggs, well beaten	$\frac{1}{2}$ teaspoon almond
1 teaspoon melted	flavoring
butter	

Manner of Making

Mix together the Quaker oats, sugar and baking powder; then mix in the well-beaten eggs, then the butter and flavoring. Drop with a teaspoon onto buttered tins and bake in a moderate oven about ten or twelve minutes.

Hunger finds no fault with the cooking

COCOA COOKIES

Formula

1 cup sugar	1½ cups flour
½ cup butter	1 scant teaspoon
1 egg	cinnamon
½ cup milk	½ cup cocoa
2 teaspoons baking powder	2 cups rolled oats

Manner of Making

Cream the sugar and the butter and add the well-beaten egg and milk. Sift the baking powder into the flour and add to the mixture. Stir the cinnamon and the cocoa into the rolled oats and mix in well. Drop with a teaspoon on buttered tins and bake in a moderate oven for twenty minutes.

DOUGHNUTS

Formula

1½ cups sugar	4½ cups flour
3 eggs (yolks)	1 teaspoon soda
1 egg (white)	2 teaspoons cr. tartar
1 teaspoon salt	Few grains nutmeg
1 cup milk	

Manner of Making

Beat eggs and add the sugar, then the other dry ingredients (except the flour). Mix thoroughly and beat well. Add flour enough to make a soft dough. Roll to a thickness of one inch and cut with a doughnut cutter. Fry in hot lard, turning frequently until a golden brown. Drain on brown paper.

*Serenely full, the epicure would say,
Fate cannot harm me; I have dined today*

COCOANUT PIE

Formula

1½ pints rich milk	1 cup sugar (sweeter
3 eggs well beaten	if you wish it so)
2 cups freshly-grated cocoanut	1 teaspoon vanilla

Manner of Making

Mix together the milk, eggs, sugar and flavoring, and then add the cocoanut. If, on tasting, you find you would like it sweeter, add more sugar. Bake in pie crust, which has been baked before, in a moderate oven, so that the custard will not get watery. Bake three-quarters of an hour in a moderate oven until the top is a nice golden brown.

LEMON PIE

Formula

5 eggs (yolks)	1 lemon (grated rind)
1½ coffee cups sugar	2 lemons (juice)
3 tablespoons melted butter	3 eggs (whites)

Manner of Making

Beat the yolks of the eggs and add sugar, butter, lemon juice and rind. Last of all, fold in the beaten whites. Pour into shell which has been previously cooked. Cook in moderate oven three-quarters of an hour. Beat the whites of the eggs very stiff with one-quarter cup powdered sugar and one-half teaspoon of baking powder. When pie is cool, pile up on top and brown in hot oven five minutes.

Simplicity talks of pies

SQUASH PIE

Formula

1½ cups boiled squash	1 teaspoon ginger
1½ cups sugar	½ teaspoon mace
1½ cups milk	1½ teaspoons nutmeg
3 eggs	1 teaspoon salt
1½ teaspoons cinnamon	2 tablespoons brandy

Manner of Making

Mash the boiled squash, strain and measure it. Put into a bowl and add the sugar, cinnamon, ginger, mace, nutmeg and salt. Then add the milk. Mix well, and last of all add the beaten eggs. Pour into pie crust which has not been cooked (see pie crust recipe) and bake in a moderate oven for one hour.

PIE CRUST

Formula

2 cups flour	1 teaspoon salt
2 tablespoons lard	½ teacup cold water

Manner of Making

Mix well the flour, lard and salt with the hands, and then add slowly the cold water, not touching, but stirring lightly. Roll out thin on floured board. If preferred two tablespoons of butter may be added to this recipe.

NOTES*Write with pencil**Knowledge is power*

PRESERVES, JELLIES and PICKLES

SPICED PEACHES

Formula

2 qts. vinegar (white	3 or 4 sticks cinnamon
wine vinegar is best)	broken in 1-in. pieces
8 lbs. sugar	6 dozen peaches
	Cloves

Manner of Making

Put the vinegar, sugar and cinnamon into a kettle and allow to boil. Have good, sound peaches, not over-ripe, but ripe. Put them in the bread pan and cover with boiling water. Leave for about five minutes and the skins will then come off very easily, with no loss of fruit. Remove any part of the fruit that may seem a little too ripe. After boiling the syrup five minutes, put in the peaches, first sticking six cloves very firmly (so that they will not come out in the boiling) into each peach. Cook the peaches slowly, so that they will not break, until they have taken in the juice—three-quarters of an hour. While these are cooking, remove any scum that may rise to the top. When cooked, remove the peaches with a skimmer and place on a flat dish to drain. When putting the peaches into the syrup to cook, put in as many as the pan will hold without piling the peaches one on another. A large preserving kettle will hold thirty peaches at one time. As soon as one lot of peaches is removed from the kettle, put in another. After the first lot of peaches has been taken out of the kettle, taste the syrup, and if it has not sufficient character, add a handful of cloves and a teaspoon of ground cinnamon and a little vinegar, which should be first dissolved in a little of the syrup. After the peaches have drained about five minutes put into jars—twelve peaches to a quart jar. Fill with syrup from stove and allow to cool. Seal.

CURRENT JELLY

Formula

Currants

Sugar

Manner of Making

Pick over and remove leaves from the fruit. *Do not take fruit from the stems.* Wash and place in a kettle, without water. Heat slowly. When thoroughly heated, put in a bag and strain over night. In the morning measure the juice and allow an equal amount of sugar. Put the sugar in a pan and place in the oven and allow to get very hot, but do not scorch. Put the juice back on the fire and allow to boil for twenty minutes. Add the heated sugar and boil five minutes longer. Pour into glasses and when cold cover with paraffine or parawax and cover with a tin cover.

My teeth are on an edge till I do eat

GRAPEFRUIT AND ORANGE MARMALADE

Formula

1 grapefruit (light- colored and ripe)	2 lemons (juice)
1 orange	$\frac{1}{2}$ grapefruit (juice)
1 lemon (entire)	Sugar

Manner of Making

Remove the seeds from the grapefruit, orange, and lemon and slice the fruit as fine as possible. Measure the fruit (grapefruit, orange, and lemon) and the juice separately—after the fruit has been cut—which will make about one quart. Add three times as much cold water as fruit to the fruit alone, making about three quarts. Place on the stove and allow to boil for one-half hour. Take from the fire and add the juice. Then measure again and add as much sugar as you have fruit and juice—about three quarts. Return to the stove and boil slowly for about five hours, until it jells. Put into hot jars and seal with paraffine or parawax.

PICKLED PINEAPPLE**Formula**

14 lbs. fruit	2 pepper corns
7 lbs. brown sugar	2 sticks cinnamon,
7 pts. vinegar	broken in small
2 tablespoons clove	pieces

Manner of Making

Peel the fruit and be sure that all the little eyes are removed, then slice in slices about one-eighth inch thick, and cut each slice into quarters. Tie up the cloves, pepper corn and cinnamon in a cloth. Put vinegar, sugar and spices in a kettle and allow to boil for twenty minutes before adding the fruit. Let all boil together until the fruit is cooked—about one hour. Remove the fruit from the syrup and place in jars. Let the syrup boil ten minutes longer and then pour over fruit. Seal immediately.

Balm'd and entreasured with full bags of spice

PICKLED WATERMELON RIND**Formula**

7 lbs. fruit	2 ozs. cinnamon bark
1 qt. vinegar (not too sharp)	1 teaspoon alum
	$\frac{1}{2}$ gallon water
3 $\frac{1}{2}$ lbs. sugar	3 ozs. fresh ginger
2 ozs. cloves	

Manner of Making

Use watermelon with as deep a rind as possible. Cut the green from the rind and cut in one-inch squares. Soak rind in alum water for twenty-four hours and then wash off in fresh water until thoroughly cleansed. Boil in fresh water until clear and tender enough for a wooden toothpick to penetrate easily. Remove from fire and drain. Tie up the spices in a bag. Boil the vinegar, sugar and spices together until they begin to thicken. Add fruit to syrup. Allow to boil slowly all day until the watermelon takes on a beautiful amber color and the juice thickens. When cool, put in bottles and seal with paraffine. It is well to taste this syrup occasionally, and if a little too sharp add more sugar; if too sweet, add a little vinegar. An asbestos mat placed under the kettle is a wise precaution against scorching.

Hunger is the mother of impatience and anger

SPICED CRABAPPLE JELLY**Formula**

1 peck crabapples	1 handful cinnamon
Sugar	2 lemons (juice)
1 handful cloves	

Manner of Making

Put crab apples in a kettle and half cover with water. Boil until the apples are soft. Put into jelly bag suspended over an empty pan and allow to strain all night. In the morning measure the crabapple juice and measure out an equal amount of sugar. Tie the cloves and cinnamon in a bag and put in with the juice, together with the lemon juice. Place on the stove and boil twenty minutes and put in a pan in the oven to warm. When the juice has boiled twenty minutes, add the warm sugar and boil five minutes. Put into glasses and seal with paraffine when cool.

More people are slain by suppers than by the sword

✱

STRAWBERRY JAM

Formula

Strawberries

Sugar

Manner of Making

Weigh the berries and the sugar so that you have equal amounts. Crush the berries in the kettle in which they are to be cooked, with a wooden potato masher, and allow to boil hard for fifteen minutes. Heat the sugar in the oven and add slowly to the boiling fruit. Allow to boil five or six minutes longer—ten minutes at the most. *Caution:* When the juice is boiling hard, be very careful it does not scorch. Put into hot glasses and allow to cool. Cover with paraffine. All small fruits can be put up in the same way.

Make haste slowly

WILD GRAPE JELLY**Formula**

Wild grapes

Sugar

Manner of Making

Pick over and remove the leaves from the fruit. Wash and place in a kettle, without water. Heat slowly. When thoroughly heated, put in a bag and strain over night. In the morning measure the juice and allow an equal amount of sugar. Put the sugar in a pan and place in the oven and allow to get very hot, but do not scorch. Put the juice back on the fire and allow to boil for twenty minutes. Add the heated sugar and boil five minutes longer. Pour into glasses and when cold cover with paraffine or parawax and cover with a tin cover.

WINE JELLY**Formula**

$\frac{1}{2}$ box Knox's gelatine (plain)	$1\frac{1}{2}$ cups sugar
1 lemon (juice)	2 cups boiling water
1 cup cold water	1 cup sherry or Madeira

Manner of Making

Dissolve the gelatine in cold water and lemon juice. Add the sugar, boiling water and the wine. Stir until the sugar is dissolved. Strain into moulds and place on ice. Serve with whipped cream.

Waste not, want not

CHOW CHOW PICKLE**(Mustard)****(This recipe makes one gallon of pickle)****Formula**

1 qt. gherkins (whole if small), if young	1 qt. young string beans
cucumbers, cut in $\frac{1}{4}$ -inch slices)	1 bunch celery
1 qt. silver-skinned onions	1 qt. cauliflower
	Salt
	8 qts. water

Manner of Making

Skin onions, string beans carefully and break cauliflower into small pieces. (Celery goes in whole, simply to give flavor.) Make a brine of salt and eight quarts of water, strong enough to hold up a fresh egg. Place on the stove and allow to heat slowly. When warm, put in the mixture of vegetables and leave until they are heated through. Take from the stove cover with clean dish-towel and allow to stand for twenty-four hours. Drain thoroughly and lay on clean dish-towel to dry. When thoroughly dried, place in a separate kettle and make a mustard paste as follows:

Formula

3 qts. cider vinegar	$\frac{1}{2}$ cup flour
3 tablespoons ground mustard	1 teaspoon cayenne
1 cup brown sugar	$\frac{1}{2}$ oz. tumeric powder

Manner of Making

Mix the dry ingredients together and slowly add the vinegar until you have made a smooth paste. Put into a kettle and cook until thick—as thick as heavy cream. While hot, pour over the vegetables and stir together, allowing all to become very hot before removing from the stove. Place in glass jars, leaving covers off until cold.

TOMATO PICKLE**Formula**

1 pk. green tomatoes (sliced)	2 tablespoons cloves 2 tablespoons allspice
6 large onions (sliced)	2 tablespoons ginger
1 cup salt	2 tablespoons mustard
2 qts. cold water	2 tablespoons
3 qts. vinegar	cinnamon
2 lbs. sugar	1 teaspoon cayenne

Manner of Making

Put the tomatoes and onions in a kettle and sprinkle with salt and allow to stand all night. In the morning, drain off the liquid and add the cold water and one quart of vinegar and boil for fifteen minutes. Drain again and throw off this water. To the tomatoes and onions add the sugar, two quarts of vinegar, cloves, allspice, ginger, mustard, cinnamon and cayenne. Boil again for fifteen minutes. Put in jars and seal.

The mustard is too hot a little

YELLOW TOMATO PRESERVE

Formula

1 pk. tomatoes	2 tablespoons powdered
6 lbs. sugar	ginger
6 lemons	$\frac{1}{2}$ pt. water
	2 large pieces fresh
	ginger

Manner of Making

Wash tomatoes, removing any dark crusts that appear about the stems. Cover with boiling water and let stand five minutes. Drain. Slice the tomatoes and the lemons, without removing the skins. First place in the preserving kettle a layer of tomatoes, next a layer of lemon, next a layer of sugar with ginger sprinkled over. Cut fresh ginger in pieces and put on top. Repeat this until all of everything has been placed in the kettle and cook slowly one hour. Skim off whatever skum arises in boiling. After cooking the required time, remove from fire and set aside to cool. Return to fire and allow to simmer for one hour. Take fresh ginger out. When cool, place in jars and seal.

This makes six quarts of preserve.

Eat the fruit and don't inquire about the tree

NOTES*Write with pencil*

Will you go with me? We'll mend our dinner here

PUDDINGS

APPLE DUMPLINGS

Note—Use apples called “Greenings.” They are always best for pies and dumplings.

Formula

6 apples	2 tablespoons milk
4 potatoes	Flour
Salt (a little)	

Manner of Making

Boil the potatoes until soft and then mash and season with a little salt and milk, just as you would prepare them for the table, without the butter. Mix flour into this until it becomes firm enough to roll out on pie board. Roll out about one-half inch thick and cut into six equal parts. Wrap each part around an apple which has been cored and neatly peeled. Tie up in a piece of clean cloth about six or eight inches square, which has been squeezed out of very hot water and quickly floured, allow room for swelling, drop into boiling water and boil for half an hour, or until the apples are soft. Keep the dumplings in hot water, until ready to serve. These are most palatable when served with fresh butter and granulated sugar.

CHOCOLATE CORNSTARCH PUDDING**Formula**

2 cups milk	2 squares unsweetened
3 tablespoons corn-	chocolate
starch	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla

Manner of Making

Put the milk in double boiler and scald. Mix the cornstarch with a little cold milk and add to the scalded milk. Cook for fifteen minutes, stirring constantly. Add the melted chocolate, salt and vanilla. Remove from the stove and place in the dish in which it is to be served. Serve with whipped cream, flavored with vanilla and sugar to taste.

He rolls it under his tongue as a sweet morsel

COCOANUT PUDDING**Formula**

1 heaping cup fine bread crumbs	$\frac{1}{2}$ cup butter 1 cup powdered sugar
1 tablespoon corn- starch (wet in cold water)	2 cups milk 6 eggs Little nutmeg
1 fresh cocoanut (grated)	1 teaspoon vanilla

Manner of Making

Soak crumbs in milk. Rub butter and sugar to a cream and add the beaten yolks of the eggs. Beat up this mixture with the bread crumbs and stir in the cornstarch, the cocoanut last. Beat hard one minute. Place in buttered pudding dish in which it is to be served. Bake in moderate oven one hour. Serve cold or warm.

The proof of the pudding is in the eating

CORN PUDDING

Formula

2 cups grated corn	1 dash pepper
2 cups sweet milk	1 tablespoon melted
3 eggs (beaten)	butter
$\frac{1}{2}$ teaspoon salt	

Manner of Making

Stir together corn, milk and beaten eggs and add the seasoning (salt, pepper and butter). Bake in a moderate oven one hour until a light brown and serve hot.

CORNSTARCH PUDDING

Formula

1 qt. milk	$\frac{1}{2}$ cup gran. sugar
2 tablespoons corn- starch	$\frac{1}{2}$ cup powd. sugar
4 eggs (yolks and whites separately)	$\frac{1}{2}$ teaspoon baking powder

Manner of Making

Scald the milk for five minutes in a double boiler. Mix the corn starch with the yolks of the eggs and the granulated sugar and pour into the milk, stirring quickly and cooking until it becomes the consistency of rich cream. Put into the pudding dish in which it is to be served. When cold spread on top the stiffly beaten whites of eggs to which powdered sugar and baking powder is added and place in the oven about five minutes to brown.

It works the better eaten before witness

CREAMED MACAROONS**Formula**

1 doz. macaroons 1 pt. light cream
4 eggs

Manner of Making

Break the macaroons into small pieces and put into the dish in which they are to be served. Put the cream in a double boiler and when hot mix it with the yolks of the eggs, which have been well beaten. Return this to the double boiler and cook until the consistency of heavy cream and then pour, while hot, over the macaroons. Beat the whites of the four eggs to a stiff froth and sweeten slightly. When the macaroons are thoroughly chilled—about four hours—put the whites of the eggs on top of them, with a little nutmeg grated on top of that. Do not beat the white until shortly before serving.

O, dainty and delicious! Food for the gods!

CREAM PUFFS

Formula

$\frac{1}{2}$ cup butter	1 cup flour
1 cup hot water	4 eggs

Manner of Making

Cook in double boiler for fifteen minutes the butter, hot water and flour. Put butter in first, and when melted slowly blend in the flour so that there are no lumps, then carefully add the hot water and cook. After fifteen minutes take from the fire, add the four unbeaten eggs, one by one, stirring in each one well. When all the eggs are added, stir the paste well and drop on buttered pans. Bake in a slow oven for one hour. Drop these off tablespoon as you would biscuits, making high. This recipe makes six large or twelve small cakes. Split when cold and put in cream filling.

CUSTARD

(For Cream Puffs)

Formula

$1\frac{1}{2}$ cups milk	$\frac{1}{2}$ teaspoon salt
4 eggs (yolks only)	$\frac{1}{2}$ teaspoon vanilla
3 tablespoons sugar	

Manner of Making

Scald the milk in a double boiler, adding the salt and the sugar. Pour this, very slowly, beating constantly, over the beaten yolks of the eggs. Pour back in the double boiler and cook slowly until it thickens, stirring constantly, to the consistency of heavy cream. Add vanilla and cool.

Knowledge comes, but wisdom lingers

CUP PLUM PUDDING**Formula**

1 cup suet	1 teaspoon cinnamon
1 cup bread crumbs	1 teaspoon nutmeg
1 cup flour	1 teaspoon mace
1 cup raisins	1 teaspoon allspice
1 cup currants	1 teaspoon clove
1 cup citron	4 eggs
1 cup sugar	

Manner of Making

Mix the flour and suet well, then add the bread crumbs and mix thoroughly. Add the sugar and mix well and then add the cinnamon, nutmeg, mace, allspice and clove, mixing well again. Mix the raisins, currants and citron in about two teaspoons of flour and add to the other ingredients. Beat the eggs about ten minutes. When all of the other ingredients have been thoroughly mixed, add the eggs and stir in well. If cooked in a cloth, you should use piece of cotton cloth put on the stove in a saucepan and boiled for five minutes. Wring out dry between two fresh dish towels. Cover well with flour and put the pudding in and tie up, leaving a little space for swelling. Put on a plate and place in a kettle with boiling water. Boil four hours.

Leave the table wishing for more

ENGLISH PLUM PUDDING**Formula**

1 lb. finely-chopped suet	$\frac{1}{2}$ lb. flour $\frac{1}{2}$ lb. bread crumbs
1 lb. stoned and halved raisins	1 teaspoon mixed spices
1 lb. currants	1 lb. brown sugar
1 lb. Sultana raisins	8 eggs, well beaten
1 lb. chopped orange and citron peel (mixed)	1 wine glass best brandy

Manner of Making

Mix the flour and the suet very well, then the bread crumbs, then the spices and the sugar. Be sure each ingredient is well mixed in before adding the next one. Mix the currants, raisins and orange and citron peel with about four teaspoons flour and add to other ingredients. Beat the eight eggs for fifteen minutes and then add to the mixture. Then slowly add the brandy, mixing well. Boil ten hours if in one pudding mould, and seven hours if in a cloth. Cook the day before eating and heat for two hours before serving.

FLOATING ISLAND**Formula**

1 qt. rich milk	Currant jelly
$\frac{1}{2}$ pt. heavy cream	1 tablespoon powdered
$1\frac{1}{2}$ tablespoons sugar	sugar
4 eggs (whites)	

Manner of Making

Add the cream to the milk, stirring in by degrees with the egg beater. Then add the sugar. Beat the whites of the eggs to a stiff froth and add to them, little by little, three tablespoons jelly and the powdered sugar. Keep beating until the mixture is a delicate pink. Put the milk and the cream into the glass dish in which you are to serve the dessert, dropping on top the beaten whites of the eggs with a tablespoon, until you have four or five bunches. On the top of each one of these place a small cube of jelly.

This is a dessert which must be eaten as soon as it is made, and if left standing the white of egg will fall.

MARSHMALLOW MOUSSE**Formula**

1 pt. heavy cream, whipped stiff	$\frac{1}{2}$ fifty-cent bottle Maraschino cherries
$\frac{1}{2}$ lb. marshmallows, cut in quarters	1 tablespoon plain gelatine
$\frac{1}{2}$ lb. English walnuts, chopped fine	

Manner of Making

Dissolve the gelatine in just enough water (cold) to cover it. Mix in all the other ingredients in order given. Put into mould and place on ice for three hours before serving.

The hand that made you fair hath made you good

PLUM PUDDING

Formula

$\frac{1}{2}$ lb. stale bread	1 cup milk
crumbs	4 eggs, well beaten
$\frac{1}{2}$ lb. suet (cut fine)	4 apples, chopped fine
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ nutmeg
$\frac{1}{2}$ cup citron	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ package raisins	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ package currants	1 teaspoon salt
8 dried figs (cut fine)	$\frac{1}{2}$ cup brandy

Manner of Making

Mix the bread crumbs and the suet. Mix together the sugar, salt, cinnamon, cloves and nutmeg and mix well into the bread crumbs and suet. The raisins must be gone over and all the stems removed from them, and the currants must be gone over and washed very carefully. Mix the raisins, currants, figs and citron with two teaspoons flour and add to the other ingredients. Beat the eggs ten minutes and mix in the milk. Add the apples to the other ingredients and then the milk and eggs. Last of all, add the brandy gradually, mixing all the time. Tie up in cloth and boil eight hours.

And lo! Two puddings smoked upon the board

REBECCA PUDDING**Formula**

4½ cups milk	½ cup sugar
½ cup cornstarch	½ teaspoon salt
3 eggs (whites)	1 teaspoon vanilla

Manner of Making

Scald four cups of milk. Mix cornstarch, sugar and salt together and add the other one-half cup of cold milk. Stir until smooth and then add to the scalded milk and stir until the mixture thickens. After it thickens, cook for fifteen minutes, stirring occasionally. Beat the whites of eggs until stiff and add to the mixture. Add vanilla, mix thoroughly and pour into moulds which have been dipped into cold water. Chill on ice.

This is delicious with chocolate sauce. See recipe.

RICE PUDDING

Formula

1 qt. milk	1 piece butter, size of a
3 tablespoons un-	walnut
cooked rice	$\frac{1}{2}$ cup sugar
1 teaspoon salt	$\frac{1}{4}$ nutmeg grated over it

Manner of Making

Place all the ingredients in a round baking pan and stir together. Place in slow oven and while it is cooking, stir it about every fifteen minutes. The last fifteen minutes this is cooking do not stir, but allow to get nice and brown on top. The secret in making this successfully is a long, slow baking. Should bake from two to two and one-half hours. This is delicious served with rich cream.

TROPICAL PUDDING

Formula

6 red bananas	Sugar
$\frac{1}{2}$ cocoanut	1 teaspoon vanilla
1 pint cream	

Manner of Making

Boil the bananas fifteen minutes with the skins on. Whip the cream—not as stiff as for chocolate or coffee. Sweeten the cream and add the vanilla and cocoanut. When the bananas are taken from the stove, remove the skins, being careful not to break the fruit, and pour the mixture over them. Serve.

Serve it attractively

WAR PUDDING**Formula**

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup milk	1 teaspoon salt
1 cup sugar	$\frac{1}{4}$ teaspoon clove
1 egg	$\frac{1}{4}$ teaspoon allspice
1 cup whole wheat flour	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup bran flour	1 cup seedless raisins

Manner of Making

Cream the butter and the sugar and add the milk into which the soda has been dissolved. Add the well-beaten egg. Sift together the flours, salt and spices and add to the mixture. Last of all, add the raisins. Mix all well together and place in buttered mould. Steam for two hours and one-half.

NOTES

*Write with pencil**Order is heaven's first law*

SALADS

CELERY AND ROQUEFORT

Formula

$\frac{1}{4}$ lb. Roquefort cheese	Little vinegar
1 to 2 tablespoons oil	Paprika
Little heavy cream	Celery

Manner of Making

Add oil to cheese until it is smooth. Then add enough heavy cream to make the mixture hold together, then a little vinegar and paprika and place in the ends of the celery. Any filling that is left over is good for another time.

CREAM CHEESE AND GREEN PEPPER SALAD

Formula

1 cream cheese	1 pinch red pepper
1 teaspoon onion juice	Enough heavy cream to moisten to a thick paste
Salt to taste	
2 or 3 green peppers	

Manner of Making

Work all the ingredients, in order given, into the cream cheese. Remove all the seeds from green peppers and place on the ice to chill. When the peppers are thoroughly chilled pack the cheese mixture firmly into the peppers, then slice thin and place on crisp lettuce leaves. Serve with French dressing.

My salad days, when I was green in judgment

POTATO SALAD

Note.—To make this successfully, the vegetables should be prepared the day before.

Formula

6 or 8 potatoes	Plain boiled beets may
1 teaspoon salt	be added, if desired
2 or 3 medium-sized onions	1 head lettuce
Mayonnaise	

Manner of Making

Boil potatoes with their jackets on in boiling water, with a teaspoon of salt. When done, drain and allow to cool. Remove the skins and cut in thin slices. Slice onions in thin slices and allow to soak in cold water one hour, changing the water three or four times. Put into a sieve and shake well. Place on the ice to cool. Be sure all the water is shaken off. Mix the onions, potatoes and beets, and pour on well-seasoned mayonnaise. Serve on lettuce leaves. Best results are obtained by cooking the potatoes and beets the day before making the salad.

*Back to the world he'd turn his fleeing soul,
And plunge his fingers in the salad bowl*

SHRIMP SALAD**Formula**

1½ lbs. fresh shrimp	Mayonnaise
1 teaspoon salt	Onion
1 head lettuce	

Manner of Making

Boil the shrimps in three waters with the salt. As they boil the first and second times, throw off the water and start again in fresh hot water. When the shrimps are bright red, they are done. Drain them and when cold remove the shells and the little black vein that runs down the shrimp very carefully so as not to break the shrimp. Cut up fine a head of lettuce and mix it with the shrimp and then pour on mayonnaise and garnish with thin slices of onion. Serve on crisp lettuce leaves. Shrimp and onion are a very good combination.

Mine eyes smell onions; I shall weep anon

NOTES*Write with pencil**Where is the man that can live without dining?*

SAUCES

APPLE SAUCE

Formula

6 or 8 good-sized
apples

Sugar to taste
1 stick cinnamon

Manner of Making

Peel, core and cut up the apples and cover with cold water. Allow to boil briskly for a few minutes, add spice, and then cook slowly for one and one-half hours; then, adding sugar to taste, let boil for ten minutes. *Do not stir.* Allow to cool and serve.

CHOCOLATE MARSHMALLOW SAUCE

Formula

$\frac{1}{2}$ cake Baker's
chocolate

1 cup sugar

1 pt. boiling water

$\frac{1}{2}$ teaspoon cornstarch
(dissolved in a little
water)

$\frac{1}{2}$ lb. marshmallows

1 tablespoon vanilla

Manner of Making

Boil together for fifteen minutes the chocolate, sugar, and water. Then add the cornstarch and five marshmallows and boil thirty minutes longer, which gives the sauce a creamy consistency. Add the vanilla and keep very hot for fifteen minutes longer. The last thing before sending to the table add one-fourth pound of marshmallows cut in quarters. Serve *very* hot.

He's keeping a corner for something that's nice

CHOCOLATE SAUCE

Formula

2 cups milk	2 squares (sweetened)
1½ tablespoons corn- starch	Baker's chocolate
2 tablespoons hot water	4 tablespoons pow- dered sugar
½ cup powd. sugar	2 eggs
	1 tablespoon vanilla

Manner of Making

Scald one and three-quarters cups of milk in a double boiler. Moisten the cornstarch in the remainder of the milk and add to the scalded milk, stirring it in gradually. Cook eight minutes. Melt the chocolate in a double boiler and add four tablespoons sugar and two tablespoons hot water. Stir until smooth and add to cooked mixture of milk and cornstarch. Beat whites of eggs stiff then add the powdered sugar beating in gradually. At the last add the unbeaten yolks of the eggs and stir into the cooked mixture. Vanilla to taste. Heat thoroughly and serve on ice cream or boiled puddings.

CRANBERRY SAUCE

Formula

1 qt. ripe cranberries	½ lb. sugar
1 qt. water	

Manner of Making

Cook the cranberries and the water until the berries are nearly soft. Add the sugar and cook until the mixture thickens. Remove from stove, and strain, place in moulds and cool.

Hunger is the best sauce

DELICIOUS PUDDING SAUCE**(For Plum Pudding or any Boiled Pudding)****Formula**

1 cup sugar	2 eggs
1 tablespoon butter	2 teaspoons vanilla

Manner of Making

Cream the butter and sugar. Separate the eggs and beat stiffly the whites. Drop the yolks into the butter and sugar and stir in well. Then add the stiffly beaten whites and flavor with vanilla.

RED CURRANT JELLY SAUCE**Formula**

1 cup brown sauce	1½ tablespoons sherry
¼ glass currant jelly	wine

Manner of Making

If one does not happen to have any brown sauce, a little can be made from soup bones. Stew until juice is extracted and thicken with a tablespoon of flour. Stir in the jelly and then the sherry. Mix well and serve. This is particularly nice with broiled venison, steaks or spring lamb.

STRAWBERRY SAUCE**Formula**

1 box strawberries	1 cup whipped cream
1 cup gran. sugar	1 teaspoon butter
$\frac{1}{2}$ cup powd. sugar	

Manner of Making

Mash berries and pour over them the granulated sugar. Allow to stand one hour. Cream powdered sugar with butter. When ready to serve, add the butter and sugar to the berries. Whip the cream and add to the mixture. Delicious to serve with boiled puddings or vanilla ice cream.

COCKTAIL SAUCE
(For Oysters)**Formula**

1 qt bottle catsup	4 tablespoons grated
2 lemons (juice)	horse radish
2 good dashes red	Salt to taste
pepper	

Manner of Making

Simply mix ingredients in the order given. If more acid is desired, add more lemon juice.

COLD HOLLANDAISE SAUCE**Formula**

1 hard-boiled egg	1 pinch black pepper
4 tablespoons olive oil	$\frac{1}{2}$ teaspoon paprika
$\frac{1}{2}$ teaspoon salt	2 teaspoons vinegar
$\frac{1}{2}$ teaspoon mustard	

Manner of Making

Mash the egg with a silver fork, using both the white and the yolk. Add slowly the olive oil, then the salt, mustard, pepper and paprika. When this is all thoroughly mixed, add, a drop at a time, the vinegar. Stir well, allow to cool, and serve.

HOLLANDAISE SAUCE**Formula**

$\frac{1}{2}$ cup butter	2 tablespoons heavy
3 eggs (yolks)	cream
$\frac{1}{2}$ lemon (juice)	$\frac{1}{2}$ teaspoon salt
1 pinch cayenne pepper	

Manner of Making

Wash the butter well in three waters and place on ice to harden. Separate the eggs, using the yolks only. Place the butter, yolks of eggs and lemon juice in the double boiler and stir constantly until the butter is melted and the mixture begins to thicken. Take from the fire and mix in the salt, pepper and cream. Serve immediately, otherwise it will curdle.

CHILI SAUCE

(Makes about four and a half quarts)

Formula

30 large tomatoes	3 tablespoons sugar
8 green peppers	2 tablespoons celery
4 very large onions	seed
8 cups vinegar	4 tablespoons salt

Manner of Making

Scald, peel and cut up the tomatoes (they stew down pretty fine). Cut the peppers and onions fine and add to the tomatoes with the other ingredients. Boil two and one-half or three hours. Seal.

LITA'S CHILI SAUCE

Formula

20 large skinned tomatoes	2 tablespoons salt
4 green peppers	1 teaspoon cloves
6 onions	1 teaspoon cinnamon
2 tablespoons sugar	2 tea cups vinegar

Manner of Making

Slice tomatoes and run the peppers and onions through the meat chopper. Add to these the sugar, salt, cloves, cinnamon and vinegar and cook slowly for three hours. This may be strained or not, as you wish. Put in jars and seal when cool.

Hunger is the best sauce

SAUCE VINAIGRETTE**Formula**

1 teaspoon white pepper	$\frac{1}{2}$ cup vinegar
2 teaspoons salt	2 teaspoons finely- chopped chives
1 teaspoon mustard	1 tablespoon oil

Manner of Making

Mix the salt, pepper and mustard together, and then, very slowly, add the vinegar. When all is well-mixed add the oil, and last of all the finely-chopped chives.

**SPANISH SAUCE
(For Croquettes)****Formula**

1 onion (minced)	$\frac{1}{2}$ teaspoon summer savory
1 tablespoon butter or bacon fat	2 large sweet red pep- pers or 1 chili pepper
2 slices bacon (minced and set aside)	1 teaspoon salt
2 large sprigs parsley	Little cayenne pepper, if liked
1 large clove garlic	

Manner of Making

Cook the onion in butter until it is a golden brown. Use the frying pan. Add the rest of the ingredients and stew all together twenty minutes, stirring every few minutes to keep from burning. Drain and rub through a fine sieve. Heat before serving.

Invites the friend that loves thee to a feast

NOTES*Write with pencil*

What calls back the past like a rich pumpkin pie?

SOUPS

CLAM CHOWDER

Formula

4 potatoes	2 bay leaves
1 qt. clams (already opened)	5 slices bacon
3 good-sized tomatoes	1 pint milk
(or $\frac{3}{4}$ of a can)	Salt
3 medium-sized onions	Pepper

Manner of Making

Cut the bacon in small cubes and fry until golden brown. Peel and slice one onion and the tomatoes. Add them to the bacon and allow all to cook for fifteen minutes. Cut the clams into small pieces, throwing away the hard part. Cook the milk, with the clams and the bay leaves, in the double boiler, until the milk begins to boil. Peel and slice the potatoes and the two remaining onions and boil them in a separate kettle. When they are tender, pour out the water and add them to the clams and milk. Then add the rest of the mixture. Season with salt and pepper to taste and serve very hot with oyster crackers.

A genial savor of certain stews

FISH CHOWDER**Formula**

2 lbs. halibut	$\frac{1}{2}$ lb. salt pork (sliced)
2 cups onions (sliced thin)	1 tablespoon butter
2 cups potatoes (cubes)	3 pints milk

Manner of Making

Place pork and butter in pan and allow to fry five minutes. Add onion and cook slowly until it is tender and brown, then add potatoes. Cut up fish, removing bones, and cover with water and cook until tender. Add this fish water by degrees to the onions and potatoes and allow to boil fifteen minutes. Add fish which has been cut in pieces one inch square and allow to boil once. Add three pints milk. Put a pinch of soda in the milk to keep from curdling. Season to taste with pepper and salt. Allow all to boil once and add a cup of cream at the last. Heat thoroughly and serve. Put in some half chowder crackers, if you desire.

Trifles light as air

MOCK TURTLE SOUP (Black Bean)

Formula

4 qts. bean stock	$\frac{1}{2}$ teaspoon clove
1 pt. black beans	1 teaspoon cinnamon
(boiled separately	1 teaspoon nutmeg
and passed through	(all 3 powdered)
colander)	2 eggs (boiled hard)
1 tablespoon catsup	1 small lemon
1 gill port wine	

Manner of Making

After the beans have been cooked so that they are soft enough to pass through the colander, put together with beefstock and spices, and let boil ten minutes. Then add the wine. Slice two hard-boiled eggs and the lemon and place them in the bottom of the soup tureen, pouring the soup over them when it is ready to serve.

MUSHROOM SOUP

(Enough for 10 people)

Formula

12 medium-sized mushrooms	3 tablespoons flour
2 tablespoons butter	$\frac{1}{2}$ pint heavy cream
1 pint milk	Pepper and salt to taste

Manner of Making

Cut off stems of mushrooms, put together and cover with cold water and allow to boil three-quarters of an hour. Make a sauce of butter and flour by melting butter in double boiler and adding flour by degrees. Drain water from the mushrooms (which is dark and has the flavor) and mix slowly with the butter and flour. Throw away stems. Chop up the mushrooms and set aside. Scald the milk and cream to mixture and cook five minutes, stirring constantly. Add mushrooms and pepper and salt to taste. Allow all to heat through once more and serve. A teaspoon of whipped cream to each dish is an agreeable addition.

SCOTCH BROTH

Formula

2 lbs. steak, lamb, or mutton	1 cup dried lima beans (fresh when you can get them)
1 cup pearl barley	1 cup peas
1 cup chopped onion	1 cup flour
1 cup chopped carrots	Salt and pepper to taste

Manner of Making

Cover the meat well with cold water and allow to simmer four hours. Add vegetables and cook all together for one hour. Make a paste of a teaspoon of flour with a little of the liquid. Just a little while before the broth is ready to take from the fire—about ten minutes—add the flour, stirring constantly.

PHILADELPHIA PEPPER POT**Formula**

3 lbs. tripe	6 bay leaves
2 lbs. knuckle veal	$\frac{1}{2}$ teaspoon pepper
1 large pepper corn	1 teaspoon salt
6 leaves sweet basil	Pie crust noodles

Manner of Making

The first day, wash tripe in cold water and place in pot and cover well with cold water. Wash the veal, put it in a separate pot and cover with cold water. Cook the tripe and the veal separately, each in its own pot, slowly all day. Allow them to stand over night in their own liquids.

The second day, cut tripe up into dice. Cut veal up into dice. Put all together into a large pot, with the liquid of both the tripe and veal. Add the pepper corn, basil, and bay leaves, and give the whole one good boiling—about one-half an hour. Add a little water, if necessary, to supply evaporation. Season with pepper and salt to taste. Make pie crust noodles—see pie crust recipe—very small, about the size of a pea, as they swell up in boiling. Add these noodles about ten minutes before removing the pepper pot from the fire. Serve hot. This is a sufficient quantity for 2 or 3 days.

I protest I do honor a chine of beef, I do reverence a loin of veal

NOTES

*Write with pencil**Man cannot live by bread alone*

VEGETABLES

BAKED TOMATOES A LA GARDINER

Formula

6 large tomatoes	Pepper
Onions	Butter
Fresh green peppers	$\frac{1}{2}$ cup rich cream
Salt	

Manner of Making

Cut in half large tomatoes and put in baking pan. Cut onions and peppers and put through the meat chopper. Add to onions and peppers salt and pepper and put part of the mixture on top of each of the tomatoes. Place a small piece of butter on top of each tomato and bake in moderate oven for three-quarters of an hour. Make a gravy of the juice that is left in the pan after these are done by adding half a cup of rich cream. When thoroughly blended and heated pour over the tomato which has been placed on thin slice of buttered toast.

Eat vegetables in their seasons

PLAIN BOILED CABBAGE**Formula**

1 cabbage

Salt

Butter

Pepper

Manner of Making

Take off outer leaves of the cabbage. Wash it and cut in quarters. Put into boiling water and boil ten minutes. Change the water and boil another ten minutes. Change the water again and boil fifteen minutes longer. Take from fire, drain in colander and chop fine. Put into dish in which it is to be served, sprinkle with salt and pepper to taste and a generous lump of butter. Stir seasoning in and serve.

BOILED RICE**Formula**

4 cups rice

Water

Manner of Making

Wash the rice four times, being sure each time that the water is entirely drained from the rice. Place in pan and add clear cold water until one inch above rice. Place on hot fire. When it begins to boil set to one side and allow to cook slowly until dry. Do not touch at all. About twenty minutes will cook it.

*O, hour of all hours, the most bless'd upon earth, the blessed
hour of our dinners!*

CANNED BEETS

Formula

Beets

Salt

Manner of Making

Cover beets with boiling water and boil five minutes. Remove from stove, rub skin off beets and put in jars, leaving one inch at the top. Put one teaspoon salt in each jar and fill with boiling water; then put on rubber and lightly screw on top. Put bottles into large kettle and cover well with water so that water is fully two inches over the tops of the jars, and boil for one hour and twenty minutes. Remove from stove and seal tightly and wrap in paper. The next day boil in same manner one hour.

CANNED LIMA BEANS

Formula

Lima beans

Salt

Manner of Making

Cover the beans with boiling water and boil for five minutes. Remove from the fire and drain. Put into jars, leaving about one inch at the top. Put one teaspoon salt into each jar and fill up with boiling water. Put on the rubber and screw the top on very lightly. Put the bottles into a kettle and cover well with water. Boil one hour and twenty minutes. Remove from the fire and seal tightly and wrap in paper. The next day boil in same manner one hour.

All seasoning should be put in during the making of a dish

CREAMED CABBAGE**Formula**

1 cabbage	2 tablespoons flour
Pinch salt	(mixed with water
1 tablespoon butter	until smooth)
	$\frac{1}{2}$ cup milk
	$\frac{1}{2}$ cup cream

Manner of Making

Cut cabbage into four pieces, removing the heart, and place on the stove in boiling water with pinch of salt. When boiled up once, ten minutes, drain off water and cover again with boiling water. When it has boiled up the second time, ten minutes, pour off the water and cover with boiling water for the third time and allow to boil until finished (about fifteen minutes). Remove from the stove, drain dry, and cut with a knife into small pieces (not minced), and put on the back of the stove keeping hot. In the meantime, start a cream sauce, mixing flour and butter and pouring on slowly the milk and cream, stirring well. If this seems too thick, dilute with milk or cream, flavor with butter, salt, and pour on cabbage and serve.

Serve it properly

FRENCH CHESTNUT CROQUETTES**Formula**

1 cup French chest- nuts	2 tablespoons thick cream
	2 eggs (yolks)
	1 teaspoon sugar

Manner of Making

Boil the chestnuts thirty minutes and then remove the shells. Mash the chestnuts as you would white potatoes, adding the cream and sugar. Shape in balls, dip in crumbs, egg, and crumbs again, and fry in deep fat and drain.

FRIED EGG PLANT**Formula**

1 egg plant	Cracker crumbs (finely ground)
1 egg	

Manner of Making

Thoroughly wash plant and cut in slices one-quarter inch thick. Beat up the egg and dip the plant in it and then dip in cracker crumbs. Fry in deep, piping-hot fat three to five minutes.

FRIED TOMATO**Formula**

Tomatoes	1 egg
$\frac{1}{2}$ cup milk	Cracker crumbs

Manner of Making

Slice tomatoes in half. Beat together well the egg and milk. Dip the tomato in the egg and milk and then in finely-ground cracker crumbs. Fry in very deep, hot fat until browned.

Everything is good in its season

CANNED GREEN CORN**Formula**

Corn

Salt

Manner of Making

Cover with boiling water and boil for five minutes. Dip into cold water and then cut the corn from the cob. Put the corn into jars and leave one inch at the top. Put in one teaspoon of salt in each jar and fill up with boiling water. Put on the rubber and the top; screw on lightly. Put the bottles in large kettle and fill with water so that the tops are completely and well-covered. Boil one hour and twenty minutes. Take from kettle and screw the tops on tightly. The next day boil in the same manner for one hour.

SOUR CABBAGE**Formula**

1 medium-sized head 5 cloves
cabbage Salt

2 parts vinegar Pepper to season

1 part water 1 tablespoon butter

Manner of Making

Cut the cabbage fine and just moisten with vinegar and water. Add the cloves and allow to boil slowly for five minutes. Then add the butter and cook very slowly for one hour. Be sure this does not become dry. If necessary, add a little more butter. Season with pepper and salt.

Heap high the golden corn

SWEET POTATO PUFF**Formula**

6 sweet potatoes

Salt to taste

Butter

Cream

Manner of Making

Peel and boil the potatoes. Remove from the stove, drain and mash, as for the table, with salt, butter, and cream or milk. When thoroughly mashed, put into a dish heaping the potatoes up into a mound. Brush over with melted butter. Place in the oven for ten or fifteen minutes to get a nice brown. This is a very pleasing change from the ordinary sweet potatoes. White potatoes may be cooked in the same way.

Let the sky rain potatoes

NOTES*Write with pencil*

The table is the only place where we do not get weary the first hour

HOUSEHOLD HINTS

BOILING VEGETABLES

Always pour boiling water on vegetables, with a generous pinch of salt, and do not allow them to stop boiling until they are thoroughly cooked. Drain *immediately*, season, and serve.

Many good vegetables are spoiled in the cooking.

BALM FOR THE HANDS

Formula

$\frac{1}{2}$ pint bay rum	5 cents' worth white
$\frac{1}{2}$ pint hot water	castile soap (shaved)
1 tablespoon glycerine	

Manner of Making

Put together the water, bay rum and soap and let boil until the soap dissolves. Add the glycerine. Shake well and put into a bottle.

FURNITURE POLISH

Formula

2 parts turpentine	1 part alcohol
1 part sweet oil	

Manner of Making

Mix well together in the order given and apply with a soft cloth.

Why muse you, sir? 'tis dinner time

SOAP

Formula

3 pints hot water	$\frac{1}{2}$ lb. borax
2 tablespoons sugar	1 can Babbitt's lye
2 tablespoons ammonia	5 lbs. grease

Manner of Making

Mix all together in an earthen dish and stir well until all is dissolved, and allow to stand until cool—three or four hours. Take five pounds of grease, well strained, and when thoroughly heated, pour the other liquid into it. *Always pour the liquid into the grease.* Stir this about twenty minutes. Take a good-sized pan and line the bottom and sides with brown paper. Pour the mixture into the pan. When cool enough, cut into squares. The next day take out of pan and cut the squares apart. Put cakes where they will have light and air for a week or ten days before using.

Ask thy purse what thou should'st buy

WASHING FLUID

Formula

1 can potash	5 cents' worth borax
5 cents' worth salts of tartar	1 qt. boiling water
5 cents' worth ammonia	5 qts. cold water

Manner of Making

Put into an earthen dish the potash, salts of tartar, ammonia and borax with the boiling water, and let all dissolve. Then add the cold water. Mix all well together and put in a jug and cork firmly. Use one-half cup of fluid to a boiler full of washing.

A handful of common sense is worth a bushel of learning

WEIGHTS AND MEASURES

1	cup liquid	equals	$\frac{1}{2}$ pint
1	gill liquid	"	$\frac{1}{2}$ cup
1	pint brown sugar	"	13 ounces
2	cups (1 pint) granulated sugar	"	1 pound
2	heaping cups powdered sugar	"	1 pound
4	cups sifted flour	"	1 pound
1	pint water	"	1 pound
1	pint wheat	"	1 pound
1	pint Indian meal	"	1 pound
10	eggs (medium size)	"	1 pound
16	ounces	"	1 pound
2	heaping tablespoon flour.	"	1 ounce
1	heaping tablespoon sugar	"	1 ounce
1	heaping tablespoon butter	"	1 ounce
1	tablespoon ordinary liquids	"	$\frac{1}{2}$ ounce
45	drops of water	"	1 teaspoon
4	tablespoon flour	"	1 ounce
2	tablespoon butter	"	1 ounce
2	pints	"	1 quart
4	quarts	"	1 gallon
31 $\frac{1}{2}$	gallons	"	1 barrel
1	pound brown sugar	"	1 quart
1	pound white sugar	"	1 quart

WEIGHTS AND MEASURES (continued)

1	pound powdered sugar .. equals	1 quart
1	pound loaf sugar (broken) “	1 quart
1	pound butter (soft)	“ 1 quart
1	pound 2 ounces Indian meal	“ 1 quart
1	pound 2 ounces wheat flour “	1 quart
4	large tablespoons	“ $\frac{1}{2}$ gill
8	large tablespoons	“ 1 gill
16	large tablespoons	“ 2 gills
1	common wine glass	“ $\frac{1}{2}$ gill
1	common size tumbler ...	“ $\frac{1}{2}$ pint
4	ordinary teacups liquid .	“ 1 quart
4	gills	“ 1 pint
2	pints	“ 1 quart
8	quarts	“ 1 peck
4	pecks	“ 1 bushel

TIME TABLE FOR COOKS

Asparagus	Boiled	15 to 20 min.
Beans, with green corn	Boiled	45 to 60 min.
Beefsteak	Broiled	6 to 8 min.
Beef, corned	Boiled	3 to 4 hrs.
Bass, fresh.....	Broiled	10 min. per lb.
Beets, young	Boiled	30 to 45 min.
Cabbage	Boiled	45 to 60 min.
Cauliflower	Boiled	30 to 40 min.
Chicken	Fricasseed	1½ to 2 hrs.
Codfish, dry and whole	Boiled	2 hours
Custard, one quart ...	Baked	30 to 40 min.
Duck, tame	Roasted	40 to 60 min.
Dumpling	Boiled	60 min.
Mutton	Roast	15 min. per lb.
Onions	Boiled	30 to 45 min.
Parsnips	Boiled	30 to 45 min.
Pork	Roast	15 min. per lb.
Pork, ham	Boiled	4 to 5 hrs.
Potatoes	Baked	30 to 45 min.
Potatoes	Boiled	30 min.
Soup, chicken	Boiled	3 to 4 hrs.
Turkey, ordinary size about 7 lbs.....	Roasted	3 hrs.

The table is the only place where we do not get weary the first hour

A hot custard poured over any bits of plain cake makes a very nice dessert.

To cream butter and sugar, put together in a dish and work together with a spoon until the sugar is somewhat dissolved and the whole becomes perfectly creamy. This process takes from fifteen to twenty minutes, according to the amounts used.

In beating the whites of eggs, beat them so that the bowl can be turned over without spilling the contents.

Save all crusts and ends of bread. When stale, dry well in the oven and then roll with the rolling pin. These make very fine bread crumbs, and may be put away in a glass jar, with a screw top, to be used at any time. A large Mason jar is very nice to use for this purpose.

When a recipe states that anything is to be boiled a certain length of time, it means from the time it actually begins to bubble and not from the time it is put on the stove.

It is wise to read over recipes two or three times before making.

In preserving fruits and in making jams and jellies, remember that success is assured if the best quality fruits are used.

Jars should be scalded before the peaches are put into them.

Teaspoons and tablespoons always mean level unless otherwise stated.

To keep silver in a good condition use a tablespoon of ammonia and tablespoon of cooking soda in a pan of hot water soap suds. With a soft brush, wash the silver quickly and rinse immediately in clear hot water. Dry with a linen towel and rub with chamois skin.

A good tonic for the hair is one-half cup of kerosene oil. Stand cup in pan of boiling water and allow to remain there fifty minutes. It is then ready for use. Rub into the scalp and leave all night.

For a bruise on the skin, discoloration may be prevented by moistening a little dry starch with cold water and laying it on the injured part. This is always at hand, and is so much better than the old remedy of raw beef.

NOTES

Write with pencil

Would the cook were of my mind

NOTES*Write with pencil*

*Eat white potatoes, sweet potatoes, rice, squash, pumpkin and
onions*

NOTES

Write with pencil

Knowledge is power

NOTES

Write with pencil

*A man's purse will never be bare
If he knows when to buy, to spend, and to spare*





